FILM. SHE'LL DO 'SEX TAPE' BUT NOT TWITTER

ACTRESS ELLIE KEMPER DISCUSSES WHY SHE'LL LIVE TO 104. PAGE 33

metro®
PHILADELPHIA'S #1 DAILY NEWSPAPER
Monday, July 21, 2014 www.metro.us | t:MetroPhilly | f:MetroPhilly

Porter's Day Care
EDUCATIONAL CENTER
A Developmental Learning Daycare Program

Limited Free slots available in Pre-K Counts and Head Start Program
Subsidized • Rates Available
Hot Meals • Large Outdoor Playground Facility
Grades Nursery thru Kindergarten
Special Open House
Every Day 10 a.m - 5 p.m
1434 Belfield Ave.,
Phila., PA 19140
(215) 329-2300
www.porterschildcare.org

Russia in crosshairs after MH17 shot down
PAGE 09

Reigniting the fire of the Ashcan School's art
PAGE 14

How a pool can save you from depression
PAGE 17

Let your dining hall help you to cook better
PAGES 18-19

NEVER A DILL MOMENT

Fishtown. The pickle collective known as Gary Ducket wants the city to support its product by funding a Kickstarter campaign to send the group's founders to South Korea to learn natural farming techniques. Pizza Brain's Brian "Brine" Dwyer, a co-founder, insists Gary Ducket is serious despite its wacky campaign. PAGE 02

Brian "Brine" Dwyer, Mike Wert, Joel Evey, Larry Andersen and Joshua Boyd-Taylor, shown here in their "pickle cave," make up Gary Ducket pickles. / CHARLES MOSTOLLER, METRO

Orleans
TECHNICAL INSTITUTE
Opportunities for Career Success
40 YEARS
Orleans
TECHNICAL INSTITUTE
Celebrate YOUR Opportunity for Career Success.
BUILDING TRADES Hands-on Skills • COURT REPORTING Degree Program • HUMAN SERVICES Career Training
Reasons to Choose Orleans Tech:
A 40-year history of preparing individuals to succeed in the workforce
Learn by doing & take classes directly related to your chosen career path
One-on-one job search assistance with our dedicated employment specialists
Industry experienced instructors teaching current skills and technologies
Financial aid is available for those who qualify
Enroll NOW for Sept. Classes!
Take Online Tour at:
OrleansTech.edu
2770 Red Lion Rd., Phila. PA
Call Today: 215-728-4700
Applicants must have a high school diploma or GED, and valid driver's license. Accredited by the Accrediting Commission of Career Schools and Colleges. Licensed by the PA State Board of Private Licensed Schools. For program disclosure information, please go to www.orleanstech.edu

1 NEWS

Local tweet

"BUT LESS THAN 3 WEEKS TIL EAGLES AND TRAINING CAMP STARTS THIS FRIDAY DOBNW OLUNR LFW JKNSB LJWNSFR9208 OWUEHODW"

Now, @JesseBushey, let's not be too excited. Football season means snow season. #neverforget

Top 3

What's trending at Metro.us

1 'Charlie Sheen Taco Bell incident: Is it really an incident?'

2 'Watch a trailer for Season 4 of "Homeland"'

3 'VIDEO: Teen Make-A-Wish recipient plays with Seattle Sounders'

New pickle company is gherkin' on Kickstarter

Fishtown. The pickle collective known as Gary Ducket wants the city to support their product.

Pickle-lovers will have a sweet dill thanks to a city-based pickle company's Kickstarter campaign.

Snack company Gary Ducket launched its line with the help of five partners at Pizza Brain during a celebration that owner Brian Dwyer referred to as a "neon pickle swamp" with trippy atmosphere and dark lighting.

Now, Gary Ducket plans to raise $30,000 to "feed the snack-loving public of Earth the most self-actualized, best tasting jar of pickles in the known universe."

Gary Ducket in their pickle cave
CHARLES MOSTOLLER, METRO

If fully realized, the funds will pay for the group's founding members to become certified in Korean Natural Farming at the Janong Natural Farming Institute in South Korea by Master Han Kyu Cho. As of Sunday afternoon, the Kickstarter funds totaled about $2,300 with 54 backers.

"The only way to get certified is by the man who specializes in this way of farming," said zymologist and co-founder Mike Wert. "We want to learn directly from Master Cho."

The MoiSt Boys, as the group calls themselves, will use this way of farming to grow their organic goods without the use of herbicides, pesticides and synthetic nutrients.

"This method of farming actually can turn pollutants that are in the soil into things that are able to be eaten by the plants and it fixes the soil," co-founder Larry Andersen said.

The company utilizes a unique marketing strategy on Kickstarter with its mind-numbing video coaxing backers into joining their pickle-laced cult. Dwyer calls Gary Ducket a "pickle collective." "We don't only make pickles," he said. "We make art."

After Dwyer had tasted Gary Ducket's pickles, he said he was "blown away." "I think they're the best pickles in the known universe that I've ever had."

JEREMY RODRIGUEZ
@MetroPhilly
letters@metro.us

Visit **Metro.us** to learn more about how you can contribute.

Quoted

"On one hand, it's pretty familial and calming and it's also a bit strange and creepy. But at the end of the day, the overall goal is rather sincere."
Dwyer

Pretty in pink and covered in sand

Kyleah Kelly, 5, gets buried in pink sand by her siblings at the Eakins Oval pop-up park on the Ben Franklin Parkway on Sunday. The colored sandboxes at the park are just one aspect of local artist Candy Coated's installation featuring paint, 3-D images, light fixtures and more that will run for the rest of the summer. Visit www.metro.us to learn more. CHARLES MOSTOLLER, METRO

West Philly. Paraplegic man kills 'abusive' brother, says police

A 34-year-old paraplegic man shot and killed his brother early Sunday morning during a domestic dispute in West Philadelphia, police said.

John Mapp, 40, was shot in the chest at 3:40 a.m. at his home on the 5800 block of Filbert Street. According to police, the shooter said Mapp was physically abusive toward him and their 38-year-old sister. He said Mapp was attacking their sister and then approached him when he shot Mapp once in the chest.

Police found Mapp covered in blood and lying in the street. Paramedics rushed him to the Hospital of the University of Pennsylvania, where he was pronounced dead at 6:53 a.m.

Police had not made any arrests as of Sunday afternoon. TOMMY ROWAN

Center City

Motorcyclist critical after collision with suspected drunken driver

A 30-year-old man is in critical condition after he was knocked off his motorcycle in Center City early Sunday, according to several reports.

The driver of the motor vehicle, suspected of DUI, crashed into the motorcycle at Broad and Walnut streets at 2:40 a.m., reports said.

The motorcycle driver was on Sunday afternoon critical at Thomas Jefferson University Hospital. METRO

Painful Varicose Veins?

Now is the time to take care of it! Varicose veins are MORE than just a cosmetic problem. They can also be a warning sign of a condition called Venous Insufficiency that kills over half a million people every year.

Do you have any of these symptoms?

- Varicose Veins
- Spider Veins
- Itching and Burning
- Leg Pain and Cramps
- Heaviness and Swelling
- Skin Discoloration
- Ulcers and Blood Clots
- Problem Walking For Long Distance

USA Vein Clinics Will help!

With an non-surgical, minimally invasive, painless procedures, that take only 15 minutes!

Newest Non-Laser Technique For Varicose Vein Treatment called ClariVein *Now Available at* USA Vein Clinics

Medicare and most insurances accepted!

Trust Your Legs Only To Top Specialist!

- *Named "Best Vein Center" and "Leader in Health Care" five times!*
- *Pioneer in modern vein treatment techniques.*
- *Nation's only coast-to-coast vein clinic.*
- *Doctors Staff Include Board-Certified, Harvard and Stanford Trained Specialists*
- *Nation's Top Vein Clinic, no other clinic can boast such excellence in vein care*

USA Vein Clinics

Do not commit to any other vein center without getting an evaluation from USA Vein Clinics. You will be very pleased you did.

(215) 809-1335 8352 Bustleton Ave, Philadelphia, PA 19152

Heels over head for Martial Arts tricking

Steve McLaughlin practices "martial art tricking," a mix of freestyle acrobatics and martial arts, behind the Museum of Art on Sunday, which was also International Martial Arts Tricking Day.

CHARLES MOSTOLLER, METRO

100-mile stretch

Pa. Turnpike ups speed limit

Motorists can now put a little more pressure on the gas pedal on a 100-mile stretch of the Pennsylvania Turnpike.

The Turnpike Commission announced over the weekend that the speed limit will raise to 70 miles per hour on a 100-mile stretch between Morgantown in Berks County to the Blue Mountain Interchange in Cumberland County.

The new signs, which will start to go up this week, reflect a 5 mph increase.

The speed limit on that portion of the Turnpike's main stretch is currently 65 mph.

METRO

FREE ESTIMATES, FINANCING AVAILABLE
American Home Concepts
BBB
Home Remodeling Specialist
"www.AmericanHomeConcepts.com"
• Kitchens & Bathrooms
• All Types of Windows
• Insulated Vinyl Siding
• Steel Doors & Garages
• Carpeting &Tile Flooring
• Porches & Porch Repairs
• Wood Decks & Patios
• Hardwood Flooring
• Cement & Stucco
• Colorful Awnings
• Roofing & Gutters
• Iron Railing & Fences
* Free Estimates
(610) 667-7775
Present this Coupon for 20% DISCOUNT ON All Work!
Not valid on previous orders. Cannot be combined with other offers. Call American Home Concepts at 610.667.7775 for details.
PA-HIC Reg.# PA008523

ARAMINGO CARPET & FLOORING
MENTION AD FOR ADDITIONAL DISCOUNTS
FREE SHOP AT HOME SERVICE
COME IN! VISIT OUR WAREHOUSE
WALL TO WALL CARPET
From a Room to A Whole House
Over 300 Remnants & Rolls To Choose From!
We Install What We Sell!
Layaway Available!
0% Interest Free Financing Available
SHOP US FIRST, SHOP US LAST.
WE WILL BEAT ANY PRICE!
NEXT DAY INSTALLATION
AVAILABLE ON IN STOCK MERCHANDISE.
Open: Mon., Wed., Fri., 9-8PM
Tues., Thurs., Sat., 9-5PM
Sundays: By Appointment Only
4591 Aramingo Ave., Philadelphia, PA 19124
215-537-9666
OVER STOCK
Spring Blow-out!
WE ARE MAKING ROOM FOR NEW INVENTORY ARRIVING DAILY!
DEBIT CARDS ACCEPTED
Directions: Take I-95 S. to Betsy Ross-Aramingo Ave. Exit, Turn left on Aramingo Ave., (end of ramp) We are about 2 blocks away on the right

DANI'S AUTO SALES

Dani's of Harbison
(215) 333-5520
6450 Harbison Ave
Philadelphia, PA 19149

WE BUY CARS!
Call for details.

Dani's of Torresdale
(215) 335-3333
6250 Torresdale Ave
Philadelphia, PA 19135

GUARANTEED APPROVAL! Apply online @ www.DANISAUTOSALES.com

$278/Month
2008 Nissan Armada $500 Down

$476/Month
2008 Mercedes S550 $500 Down

$334/Month
2013 Toyota Camry $500 Down

$445/Month
2011 GMC Yukon Denali $500 Down

$332/Month
2010 Nissan Maxima $500 Down

$298/Month
2013 Nissan Altima $500 Down

$283/Month
2009 Chevy Equinox Sport $500 Down

$268/Month
2006 BMW 525i $500 Down

$247/Month
2008 Dodge Charger R/T $500 Down

$228/Month
2008 Dodge Grand Caravan SXT $500 Down

$233/Month
2008 Chevy Malibu $500 Down

$278/Month
2007 Infiniti G35 $500 Down

$312/Month
2008 Mercedes C300 $500 Down

$289/Month
2007 Volkswagen Touareg $500 Down

$267/Month
2007 Mini Cooper Sport $500 Down

$296/Month
2010 GMC Acadia SLT $500 Down

$232/Month
2007 Toyota Camry $500 Down

$273/Month
2006 Mercedes CLK350 $500 Down

EVERYONE IS APPROVED!

DOWN PAYMENTS AS LOW AS $500!

$383/Month
2009 Porsche Cayenne S $500 Down

$267/Month
2008 Toyota Avalon XLS $500 Down

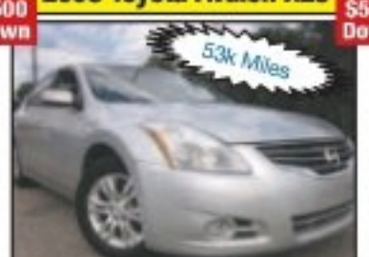
$265/Month
2007 Jeep Grand Cherokee Limited $500 Down

$252/Month
2007 Toyota Sienna XLE $500 Down

$353/Month
2011 Nissan Murano SL $500 Down

$211/Month
2005 Infiniti G35x $500 Down

$243/Month
2010 Nissan Rogue $500 Down



$274/Month
2010 Nissan Altima SL $500 Down

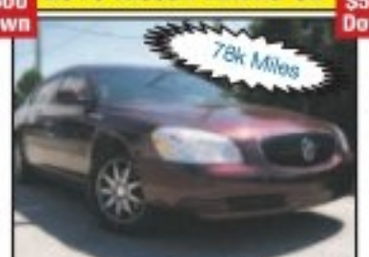
$189/Month
2008 Pontiac Torrent $500 Down

$298/Month
2007 Mercedes E350 4MATIC $500 Down

$257/Month
2011 Hyundai Sonata $500 Down

$193/Month
2009 Hyundai Tucsan $500 Down

$289/Month
2012 Hyundai Sonata Turbo



$197/Month
2007 Buick Lucerne CXL

$288/Month
2010 Ford Fusion Sport

$172/Month
2009 Nissan Sentra

$163/Month
2004 Volvo XC90

$298/Month
2011 Hyundai Genesis Tech Pkg

DISCOUNTS FOR CITY, HOSPITAL & SEPTA EMPLOYEES • LARGEST SELECTION UNDER $10,000

*Approval conditions apply. Tax and tags extra. See dealer for details.

CANCER
MEDICAL MALPRACTICE
HOSPITAL/PHYSICIAN/NURSING INJURIES/DEATHS

Cancer Delayed Diagnosis/Negligence/Deaths

Brain/Birth/Cardiac/Eye/Hand/Leg/Neck/ Spinal Cord Injuries and All Medically Related Injuries and Deaths/Medication/ Personal Injuries/Deaths

Cases Are Reviewed with Expert Physicians including Ivy league trained expert physicians, and Evaluated by

Attorney Named Multiple Times as one of Pennsylvania's best medical malpractice/personal injury attorneys by Phila. Magazine with selections as a Pennsylvania Super Lawyer, who is also an adjunct. Prof of Law, a well-published legal commentator, serves on the Board of Pennsylvania's and Philly's largest trial lawyers organizations, is a life-time member of the Million Dollar Advocates Forum, and a former member of the board of Pennsylvania's largest attorney organization.

Millions of Dollars Recovered for Injured Clients

Emmanuel Law Firm, LLC

Two Penn Center, 1500 JFK Blvd.

No Recovery-No fee/Free Consultations. Home/Hospital Visits

215-567-0493

Please visit our website at

www.emmanuellawfirm.com

WORK ON 15TH STREET STATION STARTS IN '16

When can we expect to have the City Hall subway station completed?
DAVID A. DAMS

With the passage of Act 89 by the State Assembly, and signing by the governor this past November, SEPTA is now able to move forward with the long-deferred renovations of the Broad Street Subway City Hall Station and the Market Frankford 15th Street Station in Center City.

The design of the renovations is scheduled to go before SEPTA's board this month for approval. The project will be designed and constructed in phases to reduce the impact on SEPTA's patrons. Construction at the 15th Street Station is scheduled to commence by early 2016. The City Hall Station construction will follow behind the 15th Street work. Upon completion, the fully renovated, ADA-accessible stations will be transit facilities that will serve our riders and impress Philadelphia's tourists.

Ask SEPTA

JOE CASEY

SEPTA GENERAL MANAGER

Send your questions about SEPTA services and other issues about the transit agency to christina.paciolla@metro.us. They will be forwarded to Joe Casey who will answer them in a special monthly column here. Visit Metro.us for more.

The electronic parking meters continue to be a source of frustration. Can maintenance be done on them? They were more user-friendly when first installed. Or go back to the old coin slot machines? JOE SULLIVAN

We are aware of the continued frustration the parking meters are causing our customers. We have been and will continue to work with the vendor who supplied these meters to find a solution to the failing touch pads. In the interim, if you find you can't complete the payment process and are issued a ticket, you can submit an appeal by following the instructions on the ticket. SEPTA is aware of the meter issues and will apply this consideration during the appeal process.

DAMAGE TO YOUR HOUSE?

Water Damage • Pipe Leaks • Roof Leaks

Wind Damage • Smoke/Fire Damage • Mold

You may be entitled to:

$$$MONEY$$$

Call today for a **FREE** home inspection!

215-886-7440

TSO ADJUSTMENT SERVICE
PUBLIC INSURANCE ADJUSTERS

BBB

MATTRESS WORLD

GRAND OPENING!

4808 TACONY STREET
(TACONY & ARAMINGO)
PHILA., PA 19137

WWW.MATTRESSWORLDFURNITURE.COM

FREE LAY-A-WAY

FREE FINANCING

Pillow Top Mattresses
Starting at $199

2pc Sectional FREE OTTOMAN
$299

Futon Complete

Bunkbed's Starting at

Queen Bed

2pc Sectional FREE OTTOMAN

Sofa & Loveseat

Daybed Complete

GRAND OPENING

4808 Tacony St. (Tacony & Aramingo), Phila., PA 19137

Mon-Fri 10-8 • Sat 10-7 • Sun 10-5

215-557-4411

Dutch citizens carry photos, candles and flowers to mourn the death of their friends and family aboard MH17. / GERTJAN KOOIJ - ANFOTO

Cities in the Netherlands mourning their dead

Holland. Nearly 200 Dutch citizens died when MH17 was shot down.

A table with flowers and candles stands in front of the supermarket. The photos of Frederique and Robert-Jan van Zijtveld, a brother and sister ages 19 and 18, are shown. The Dutch town of Vleuten, a suburb of Utrecht, is struck with grief because of the death of the two teenagers.

"We knew very quickly that something was terribly wrong," says manager Mischa Verzuu. "Robert-Jan and Frederique worked here with a very close group of friends. They knew the flight number; they knew their friends were on the plane. As soon as we knew for sure, their friends said they wanted to have a march to remember them."

Frederique and Robert-Jan where on vacation — a special trip they took with their grandparents. The destination was Bali, Indonesia, where their family is originally from. But instead of the tropical island of their ancestors, their journey ended in an Ukrainian field.

It's Saturday at 10:30 p.m., and the parking lot next to the supermarket is packed with people. Friends, classmates and colleagues gather to march in silence.

"I don't know what to do with myself," a girl cries out while holding a friend. Most girls, their eyes red with tears, are holding each other. The boys, dressed in black, try to keep their cool as long as they can, staring off in the distance.

"Everybody knows each other in this town," Miss Debipersad says. She's been living in Vleuten for years and knows the family well. "My granddaughter works with them. She's only 18 and hardly able to grasp what happened. Neither am I. In desperate times like these, we support each other. Lets hope we don't get rain tonight," she says, looking out at the clouds.

The turnout is overwhelming. More than 1,000 people come out to pay their respects. Neighbors stand in front of their houses, silently watching the crowd. When they start to march, holding candles in their hands, rain starts to fall from the summer sky.

Young adults

80

Summer vacation just started in the Netherlands, and MH17 from Amsterdam to Kuala Lumpur was a vacation flight, packed with young people. Eighty victims where under the age of 20.

RENS OVING
Metro World News Netherlands

A sea of flowers marks a remembrance spot at Schiphol Airport, near Amsterdam. / GETTY IMAGES

"I used to walk everywhere. Now after just a few blocks I have **pain in my legs.**

Pain in your legs isn't always a sign of aging; it could be **Peripheral Vascular Disease (PVD).**

Listen to your legs

Come see our vascular specialists right here in South Philly.

Call **866.996.9729**

Vein & Vascular Centers of Philadelphia
at American Access Care

2412 West Passyunk Avenue
AACinterventionalPA.com

Accredited by The Joint Commission

Malaysia Airlines

Kerry says missile brought from Russia downed jet

U.S. Secretary of State John Kerry laid out on Sunday what he called overwhelming evidence of Russian complicity in the downing of Malaysia Airlines flight MH17 and called rebels' behavior "grotesque."

Kerry expressed horror at how pro-Moscow separatists at the crash sites in eastern Ukraine treated the remains of victims from Thursday's disaster, criticized Russian President Vladimir Putin and threatened "additional steps" against Moscow.

British Foreign Secretary Philip Hammond echoed the criticism, urging Moscow to ensure international investigators had access to the crash sites. "Russia risks becoming a pariah state if it does not behave properly," he told Sky television.

At the biggest crash site, where emergency workers had bagged dozens of bodies on Saturday, all had been removed on Sunday morning. Bloodstained military stretchers that had carried them lay empty by the road, and rescue workers moved wreckage with a crane to reach human remains trapped beneath. As Ukraine accused separatist rebels of hiding evidence relating to the downing of the airliner over eastern Ukraine, a pro-Russian separatist leader said items thought to be the stricken Boeing's "black boxes" were now in rebel hands. REUTERS

Quoted

"Drunken separatists have been piling bodies into trucks and removing them from the site. ... What's happening is really grotesque, and it is contrary to everything President Putin and Russia said they would do."

Kerry said on NBC television

Ukraine. UN mulling resolution on Flight MH17 crash site access

Armed pro-Russian separatists stand guard near a piece of the wreckage of the Malaysia Airlines Flight MH17, near the village of Grabove, in the region of Donetsk. / GETTY IMAGES

The U.N. Security Council is considering a draft resolution to condemn the "shooting down" of a Malaysian passenger plane in Ukraine, demand armed groups allow access to the crash site and call on states in the region to cooperate with an international investigation.

Australia — which lost 28 citizens — circulated a draft text, seen by Reuters, to the 15-member Security Council late on Saturday and diplomats, speaking on condition of anonymity, said it could be put to a vote as early as today.

The draft resolution "demands that those responsible for this incident be held to account and that all states cooperate fully with efforts to establish accountability."

It "condemns in the strongest terms the shooting down [of] Malaysia Airlines flight MH17 ... resulting in the tragic loss of 298 lives" and "demands that all states and other actors in the region refrain from acts of violence directed against civilian aircraft."

The United States and other powers have said the plane was likely brought down on Thursday by a surface-to-air missile fired from rebel territory. REUTERS

Security Council

Draft of the U.N. resolution:

- It "calls on all states and actors in the region to cooperate fully in relation to the international investigation of the incident, including with respect to immediate access to the crash site."
- It "demands that the armed groups in control of the crash site and the surrounding area refrain from any actions that may compromise the integrity of the crash site and immediately provide safe, secure, full and unfettered access to the site and surrounding area."

MARTIN LAW
Working for people who can't.

"But we would prefer people didn't get injured in the first place."

WORKERS' COMPENSATION ATTORNEYS * IS YOUR ATTORNEY CERTIFIED?
SOCIAL SECURITY DISABILITY & LONG-TERM DISABILITY ATTORNEYS
VETERANS' BENEFITS

* Martin law has 6 attorneys certified as specialists in the practice of workers' compensation law by the PA Bar Association's section on workers' compensation law as authorized by the PA Supreme Court.

Get your FREE Handbook TODAY!

JUNE 2014 National Safety Month

JUNE SAFETY TIP:
The majority of these injuries were sprains and strains due to overexertion such as lifting objects.

When carrying a heavy load, turn by moving your feet, not by twisting your body. Twisting with your body can lead to back pain.

Be sure to follow all your employers procedures to prevent an injury on the job. If your employer does not provide policies or training on these procedures you should contact OSHA for help protecting your rights to a safe workplace. If you have any questions on this issue please call today for a free, no obligation consultation.

TAMBIÉN DISPONIBLE EN ESPAÑOL

215-587-8400
PAWORKINJURY.com
1818 Market Street, Philadelphia, PA

CALL NOW & SAVE UP TO 84% ON YOUR NEXT PRESCRIPTION

Drug Name	Qty (pills)	Price*	Drug Name	Qty (pills)	Price*
Viagra 100mg	16	$ 89.99	Vytorin 10/40mg	90	$ 124.99
Viagra 50mg	16	$ 69.99	Avodart 0.5mg	100	$ 144.99
Cialis 20mg	16	$ 89.99	Evista 60mg	90	$ 114.99
Cialis 5mg	90	$ 119.99	Propecia 1mg	100	$ 62.99
Levitra 20mg	30	$ 99.99	Quinine 300mg	84	$ 54.99
Celebrex 200mg	100	$ 94.99	Xifaxan 200mg	100	$ 129.99
Zetia 10mg	100	$ 99.99	Ranexa ER 1000mg	100	$ 104.99
Spiriva 18mcg	90	$ 159.99	Rapaflo 8mg	90	$ 194.99
Combivent 18/103mcg	600 doses	$ 109.99	Lipitor 20mg	84	$ 35.99
Advair 250/50mcg	180 doses	$ 174.99	Plavix 75mg	90	$ 26.99
Cymbalta 30mg	100	$ 104.99	Vagifem 10mcg	24	$ 88.99
Flomax 0.4mg	90	$ 39.99	Florinef 0.1mg	100	$ 53.99
Nexium 40mg	90	$ 99.99	Benicar 40mg	90	$ 104.99
Crestor 10mg	90	$ 119.99	Singulair 10mg	100	$ 86.99
Colchicine 0.6mg	100	$ 79.99	Namenda 10mg	100	$ 104.99
Entocort 3mg	100	$ 99.99	Protonix 40mg	100	$ 31.99
Proscar 5mg	84	$ 26.99	Nasonex 50mcg	400 doses	$ 84.99
Tricor 145mg	90	$ 109.99	Aciphex 20mg	100	$ 74.99
Diovan 160mg	90	$ 94.99	Janumet 50/1000mg	84	$ 174.99
Asacol 400mg	100	$ 54.99	Aggrenox 200/25mg	180	$ 99.99
Pristiq 50mg	100	$ 124.99	Aricept 10mg	84	$ 28.99
Ventolin 100mcg	600 doses	$ 54.99	Niaspan 500mg	84	$ 74.99
Flovent 125mcg	360 doses	$ 104.99	Bystolic 5mg	84	$ 84.99
Boniva 150mg	3	$ 94.99	Effexor XR 150mg	100	$ 42.99
Januvia 100mg	90	$ 199.99	Geodon 40mg	100	$ 104.99
Symbicort 160/4.5ug	360 doses	$ 184.99	Pradaxa 150mg	180	$ 449.99
Premarin Cream 625mg/g	42 grams	$ 74.99	Pentasa SR 500mg	100	$ 99.99
Abilify 5mg	100	$ 129.99	Actos 30mg	90	$ 35.99

All pricing in U.S. dollars and subject to change without notice. We accept Visa, MasterCard, Personal Check or Money Order. *Prices shown are for the equivalent generic drug if available.

✔ Over 1500 Medications Available ✔ Price Match Guarantee
✔ Call for Free Price Quote ✔ Prescriptions Required ✔ CIPA Certified

TotalCareMart.com™ Savings made easy

Toll Free Phone 1-800-267-2688

Toll Free Fax 1-800-563-3822

Shop: www.TotalCareMart.com or Call Now! 1-800-267-2688

Mailing Address: ORDER PROCESSING CENTER, PO BOX 121 STN L WINNIPEG MANITOBA, R3H 0Z4 CANADA

CODE: MU38

US debates the next lunar step 45 years after Apollo landing

Cape Canaveral. Experts say a viable and sustainable path would be to return to the moon.

NASA photo shows one of the astronauts of the Apollo 12 space mission on the moon standing by the U.S. flag. / GETTY IMAGES

Forty-five years after the first Apollo lunar landing, the United States remains divided about the moon's role in future human space exploration.

Ten more U.S. astronauts followed Neil Armstrong and Buzz Aldrin's July 20, 1969 visit to the moon before the Apollo program was canceled in 1972. No one has been back since.

The most recent effort to return astronauts to the moon ended in 2010 when President Obama axed an underfunded program of the previous administration. Instead, NASA was directed to begin planning for a human expedition to an asteroid. That initiative is slated for 2025. REUTERS

Space travel

11

Under current plans, it will be another 11 years before U.S. astronauts travel beyond the International Space Station.

'The Rockford Files'

Actor James Garner dead at 86

Actor James Garner, best known for his prime-time television roles as the wise-cracking frontier gambler on "Maverick" and as an ex-con turned private eye on "The Rockford Files," has died at age 86, Los Angeles police confirmed early on Sunday.

Garner, who built a six-decade career playing ruggedly charming, good-natured anti-heroes and received the highest honor of the Screen Actors Guild in 2004, was found dead from natural causes on Saturday night at his Los Angeles home, according to police.

There were no further details available on the circumstances of his death. Garner underwent surgery for a stroke in 2008, two years after appearing in his last big-screen role as a wealthy grandfather for a film adaptation of the best-selling book "The Ultimate Gift." REUTERS

Dentures From $550
• Extraction - from $75
• Partial Denture - from $650
• Denture Repair - Done on Site
• Implant overdenture
• In-Office discount plan available
Appledenturecenter.com
215-DENTURE • 215-336-8873

Limited Time Promotion
$5 off any purchase!
Promo: CMSUMMER
Ends 7/31
clubmetro
Your source for the best sweepstakes, deals and coupons in your city!
SIGN UP TO BECOME A MEMBER TODAY!
clubmetro.metro.us

Zoom

ANDREW DOWDEN/SOLENT

Bird brings the bacon

A family of birds have made their nest in an unusual spot – inside the nose of a ceramic pig's head. Married couple Andrew and Lisa Dowden, from Isle of Wight in England, have had the pig's head in their garden for more than seven years, and it was never intended as a nesting site. Although Andrew, 60, admits the pig's head looks quite "severe," the small birds happily fly about its ears and nose. He and Lisa, 50, who took the photos, spotted them in their garden in Sandown. MWN

Owner's viewpoint

"The parents were taking food inside for the nestlings and one of the images shows an insect in a bird's beak. They sometimes landed on the pig's ears before flying into the nostrils with insects for the nestlings." Andrew Dowden

OMG! Motivational wristband delivers a shock to the system

There's no slacking off with the Pavlok wristband, which shocks its wearer into action. The gizmo, named after physiologist Ivan Pavlov, checks in at a specified time to ensure that the wearer hits his or her fitness or work targets. Any failure to reach a goal results in punishment, such as a shock or monetary penalty administered through the app. Users can also be rewarded for good behavior with positive incentives such as money. Founder Maneesh Sethi explains why the $250 device, due out in early 2015, will make you perform.

SHOCKING IS JUST ONE OF THE PENALTIES. / PAVLOK

What makes this different than other wristbands?

By using your phone and other apps as data, it lets you set a commitment like "I will not use Facebook for 30 minutes per day." In this example, you would get a warning vibration buzz when you have used Facebook for 15 minutes, and at 30 minutes it will start to beep loudly. If you continue to use Facebook, the device could even shock you, thus training you to get offline.

How strong is the device's sting?

It is scalable from barely noticeable to quite powerful, but always safe.

EDWARD THOMPSON, METRO WORLD NEWS

Designer Tub & Tile

Call Now For A FREE Estimate
610-321-0260
www.TubReglazers.com

Now $295
REGLAZE TUB
Regularly $325
With This coupon • Expires 8/31/14

Become a Medical Assistant, Medical Biller/Coder

CALL PITC INSTITUTE AT
215-392-6741
Apply at www.pitc.edu
PITC

Financial Aid and Military benefits available for those who qualify.
For required program disclosure information, please go to http://pitc.edu/ci.htm
140 South Easton Road, Glenside, PA 19038

9 month programs starting soon

Bill's
DISCOUNT CARPET & FLOORING

3 Rooms $498* Plush or Sculptured Carpet 8lb. pad, installation

3 Rooms $598* Super Plush Carpet 8lb. pad, installation

3 Rooms $698* Heavyweight Plush Carpet 8lb. pad, installation

SHOP US FIRST, SHOP US LAST, IT DOESN'T MATTER
WE WILL BEAT ANYBODY'S ESTIMATE
WE ALSO INSTALL & REFINISH HARDWOOD FLOORS!

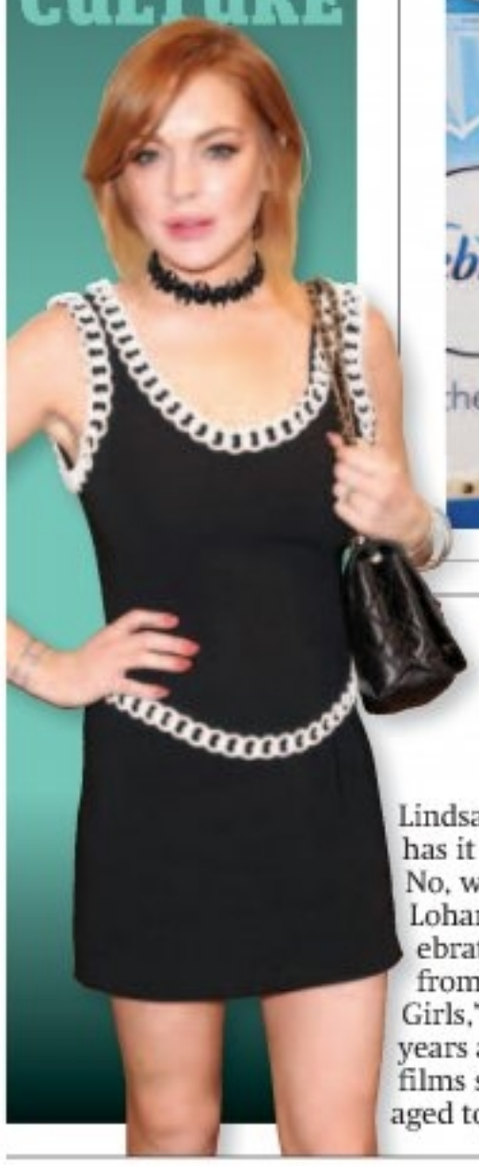
Free Shop at Home Save Up To 1/2 OFF Retail Store Pricing
Sale on Wood, Laminate and Vinyl Flooring
Next Day Installation Available - FREE ESTIMATES

3 ROOMS of CARPET $398*
*Up to 40 Sq. Yds
10% Senior Citizens Discount
PA10882

Your Mobile Carpet Showroom
Locally Owned and Operated
Serving PA, NJ and DE
for Over 23 Years
Call Anytime

1.856.264.1079

2 CULTURE



1

Jane Lynch shares what she thinks stinks

We met Jane Lynch last week, as the actress was using her summer break from "Glee" to promote Febreze. Sure, she shared anecdotes that she might not have if the company wasn't paying her, but there was one departure from the script when we asked her about the worst smell: "When you go to Macy's or Bloomingdale's and someone ... sprays you with Beyonce's new scent, which you're not interested in at all, and then you have it on all day. ... Please don't write this, because her husband will come after me, or the sister in an elevator."

LASSE E. KRISTIANSEN

THE WORD

Ned Ehrbar takes on the world of gossip.

NED EHRBAR
@Nedrick
ned.ehrbar@metro.lu

Lohan keeps coming back, never has a comeback

3

Lindsay Lohan really has it easy sometimes. No, wait. Hear me out. Lohan's career as a "celebrated" actress comes from one film, "Mean Girls," that came out 10 years ago. Since then, the films she's actually managed to show up for have been disappointments and duds, yet she's still held onto the promise that "Mean Girls" created. And now she's been feted at the Ischia Global Film & Music Festival with the Ischia Comeback Award simply for signing up to do David Mamet's "Speed-the-Plow" on the West End. Seems a bit premature, since she's not even in rehearsals yet, but whatever. She's back! Again! Come to think of it, every time Lohan has signed up to do anything, it's considered a comeback.

Talking point

Paltrow back on the dating scene

Gwyneth Paltrow seems to maybe not be reconciling with husband Chris Martin after all, despite recently being spotted with him "operating like a couple" in the Hamptons. She was spotted even more recently on a date with a "hot young guy" at NYC restaurant Narcissa, according to Page Six. "He had curly, shaggy hair and looked like he was in his 30s," a source says. "I think they may have been holding hands."

Food, Fitness & Fun
at The Porch at 30th Street Station
Follow theporchat30th on Facebook and Twitter

ucd University City District
See what's happening TODAY at The Porch
Gourmet food trucks five days a week, free fitness classes every Thursday, live music, arts programming and more!

GLEC
GERMANTOWN LIFE ENRICHMENT CENTER'S
Summer Specials

www.Glifecenter.org
215-844-3281
Located in the Historical YMCA of Germantown building at
5722 Greene St. Philadelphia, PA 19144

yoga
Wednesday
6:30 pm to 7:30 pm
First Class is FREE.
The class is for all levels including beginners. Come in comfortable clothes (no tight jeans).

SPINNING
Build Muscle Tone, Increase Cardio Endurance
MON & WED - 9AM
TUES & THUR - 7PM
SATURDAYS 10:15AM
2 FREE Sessions

1 week of Camp Free
Sports & Fitness Summer Camp
Kinder Camp
When You Sign Your Child Up With
COVENTRY Health Care HEALTHAMERICA
Covers all ages
HPP Health Partners Plans
Covers all ages
OR
Keystone First
Covers ages 13 and up (25.00 joining fee)
must meet eligibility requirement

Let's get awkward

Interview. Ellie Kemper was not prepared for the weird questions that come with a role in "Sex Tape."

Ellie Kemper, of "The Office" and "Bridesmaids" fame, knows how to steer a conversation. When talking about the awkward questions that come up regarding "Sex Tape" — in which she plays the friend of a couple (Cameron Diaz and Jason Segel) who actually make one — things quickly got weird.

You're probably fielding a lot of inappropriate questions because of the theme of this movie, huh?
It didn't really occur to me, stupidly, until today: "I guess there are going to be a lot of questions about sex tapes, aren't there?" They haven't been too bad. I haven't made any sex tapes, so I haven't had to bring any up.

That's convenient.
That's very convenient. I planned that. But it hasn't been too bad. There's been some questions about sex tapes in our culture, but I don't have such great insight into that. [Laughs] I think some people want them to be leaked, and that's one thing. But if you are doing something like that and you never want anyone to see it, then you shouldn't do it in the first place. [Laughs]

You've been doing well in comedy. Is there a plan in place for you?
When you're starting out, you think, "I would love a job that pays." And it seems strange to ever say no to any project that comes up, but the general idea that I have right now is to keep doing projects that involve great people, because it's a proven recipe for success. So if there's someone you want to work with, it doesn't totally matter what the content is, because it will always yield a better experience and a better product.

Do you see yourself moving out of comedy?
I hope this doesn't make me shallow, but I don't have an interest in doing that right now. I love comedy. I have fun doing it, so I don't feel like I want to be [moving away from it] just yet. But maybe in the second half of my life I will turn all drama, all the time. We'll see.

So you know exactly when the midway point of your life is?
Yup. I'm actually living to 104, so when I'm 52, it's only going to be serial killers and rapists for me. But they still retain a youthful air.

Socializing media

You're not on Twitter, are you?
I'm not, and it sort of is a conscious decision. I know how I react to things, and I worry that I wouldn't be able to handle Twitter; I would get too involved. It takes up a lot of time. I think that I wouldn't be able to put it away for the night.

Better to keep your sanity, then.
Yeah. Every now and then I say, "I would like to tweet that!" But then I think, "Ugh, but then you'd have to tweet again in an hour."

ELLIE KEMPER PLAYS THE FRIEND OF A COUPLE WHO RECORD THEIR LOVIN' IN "SEX TAPE." WIREIMAGE

NED EHRBAR
@Nedrick
ned.ehrbar@metro.lu

GO WHERE THE FUN IS THIS SUMMER.

DINE & PARTY

Jimmy Buffett's MARGARITAVILLE.
LANDSHARK Bar & Grill

NOW OPEN!
NEWLY EXPANDED
BEACH BAR

LIVE
ENTERTAINMENT
WEEKLY

PLUS, GREAT FOOD,
FROZEN CONCOCTIONS
& COOL SHOPPING.

ENTERTAINMENT

DANIELLE BRADBERY
AUGUST 1

DAVID NAIL
AUGUST 16

THE CAT'S PAJAMAS
VOCAL BAND
WEEKLY SHOWS
NOW PLAYING!

For show tickets, visit ticketmaster.com
or visit Resorts' Box Office.

BOOK YOUR GETAWAY

ROOMS
STARTING
AT $109*

VISIT **RESORTSAC.COM/HSF** FOR MORE EXCITING
HOT SUMMER FUN EVENTS AND PROMOTIONS!

ResortsAC.com | 1.800.772.9000

*Rooms based on availability. Rates are for Monday-Thursday stays and do not include taxes, resort or occupancy fees. Resorts Casino Hotel reserves the right to cancel or modify this offer at any time without notice. Visit the Promotions Booth for official details. Certain restrictions may apply. Must be 21 or older. Show schedules subject to change. Gambling Problem? Call 1.800.GAMBLER.

Hot summer FUN
RESORTS Casino Hotel
managed by Mohegan Sun

Theresa Bernstein finally gets her due

Exhibit. The Ashcan artist, who died at age 112, was praised for painting "like a man."

"Theresa Bernstein: A Century in Art" opens at the Woodmere Art Museum, 9201 Germantown Ave., on July 26. / COURTESY OF WOODMERE ART MUSEUM

The group of artists known as the Ashcan School met in Philadelphia and moved to New York City, where they captured scenes of daily life in working-class and immigrant neighborhoods. Theresa Bernstein's life took an identical trajectory, but she's rarely mentioned in the same breath as such renowned Ashcan painters as Robert Henri and John Sloan. William Valerio hopes to change that with the Woodmere Art Museum's new exhibit, "Theresa Bernstein: A Century in Art."

"In a way, it's righting a wrong," says Valerio, Woodmere's director. "She had her own fame and recognition in her lifetime for the accomplishments of her career, but if you say 'Theresa Bernstein' today she's largely forgotten. And I think she's forgotten because she was a woman and because she was a person of the Jewish faith."

Bernstein was born in Krakow, Poland, in 1890. Her parents moved to Philadelphia when she was an infant. Encouraged by her father, she studied at the Philadelphia School of Design for Women (now Moore College of Art & Design) and the Pennsylvania Academy of the Fine Arts before settling in New York in 1912. Although she remained there throughout her life, Bernstein maintained ties to Philly and was a member of the Philadelphia Ten, a group of female artists.

She painted scenes of Jewish and immigrant life in public spaces such as suffragette rallies and jazz clubs. Her life and work spanned the century. She painted until two years before her death, in 2002, at the age of 112. Given her choice of public rather than domestic subjects, she was often paid the dubious compliment that she "painted like a man." As Valerio points out, "That kind of says it all. Her work was admired, but it was admired because it wasn't 'womanly.' It had a robust, direct feel to it so that people thought it must have been made by a man."

Texture

Art history

Glancing through the catalogue for the exhibition, which was curated by professor Gail Levin at the City University of New York, Valerio pauses at a stunning piece titled "Easter Sunday — The Polish Church," which depicts a group gathered for a sermon.

"These are the faces of people who work hard, who have lives that are not easy," he says. "She conveys that in a very human way."

"Easter Sunday — The Polish Church"

SHAUN BRADY
@MetroPhilly
letters@metro.us

Cancer/Medical Malpractice
Cerebral Palsy/Birth Injury
• Brain Injury
• Paralysis
• ER Mistakes
• Doctor Mistakes
• Obstetrical Mistakes
• Wrongful Death
Speak with a Harvard and Yale trained Doctor-Lawyer
As co-counsel achieved over 35 million dollars in settlements and verdicts since January 1, 2012
Life member of the organization: Multi-Million Dollar Advocates Forum
Former Assistant Professor at Harvard Medical School
4x named one of PA Rising Stars (Top Young Lawyers) and 2014 Super Lawyers by publisher of Philadelphia Magazine
Law Offices of Tai Y. Wong
PA & NJ 215-592-9750
Free initial consultation. No Recovery-No Fees.
1101 Market Street, Aramark Tower, Suite 2820, Philadelphia, PA 19107

ASSISTED LIVING AND NURSING HOME
ABUSE & NEGLECT WRONGFUL DEATH
BEDSORES, FALLS, ELOPEMENTS, DEHYDRATION & MALNUTRITION, BROKEN BONES
13 OUT OF 14 CASES OF ABUSE MAY NEVER BE REPORTED!! *
CALL US NOW!
MAHER LAW FIRM
WWW.MAHERLAWFIRM.COM
ATTORNEYS REPRESENTING THE ELDERLY & THEIR FAMILIES IN ABUSE & NEGLECT CASES
TOLL FREE: 866-481-8667
PHILADELPHIA OFFICE: 215-207-0267
No recovery –No Fee
*National Research Council. (2003) Elder mistreatment: Abuse, neglect and exploitation in an aging America. Washington, D.C.: The National Academies Press

STOP SHERIFF SALES
YOU CAN SAVE YOUR HOME!!!
Call or Text
Attorney Tim Walsh Now
24 Hours a Day
610-551-5155
PAYMENT PLANS AVAILABLE
FREE INITIAL CONSULTATION
Offices in Philadelphia and Delco
email: tim@walshlawoffices.com
WALSH LAW OFFICES, LLC

'APES' RULES THE SCREEN

"Planet of the Apes" chimp Caesar (Andy Serkis) once again reigns supreme. / WETA

Box office. Three newcomers failed to beat "Dawn of the Planet of the Apes"in ticket sales.

Sci-fi sequel "Dawn of the Planet of the Apes" trounced a new horror flick, an animated family film and an adult comedy to keep its grip on the U.S. and Canadian box office title for a second straight weekend.

"Apes" collected $36 million in domestic ticket sales from Friday through Sunday, according to estimates from Rentrak, only the second summer film to top the box office for two consecutive weekends. Low-budget horror film "The Purge: Anarchy" finished in second place with $28.4 million.

Another new release, Walt Disney's animated "Planes: Fire & Rescue," grabbed third place with $18 million, while the comedy "Sex Tape" took in $15 million for the No. 4 spot.

"Apes," a sequel to the 2011 franchise reboot "Rise of the Planet of the Apes," has rung up some $242 million worldwide since its July 11 debut, according to distributor 20th Century Fox, a unit of 21st Century Fox. The movie stars Andy Serkis as Caesar, a brainy ape who leads the interactions with humans in the battle for dominance.

Top 5 earners

1. 'Dawn of the Planet of the Apes,' $36 million
2. 'The Purge: Anarchy,' $28.4 million
3. 'Planes: Fire & Rescue,' $18 million
4. 'Sex Tape,' $15 million
5. 'Transformers: Age of Extinction,' $10 million

"The Purge: Anarchy," a follow-up to 2013 summer hit "The Purge," tells the story of a couple whose car breaks down at the start of an annual purge, a 12-hour period in which crime is legal. Produced for $9 million, it ranks as another successful, inexpensive movie produced by horror filmmaker Jason Blum.

"This is going to be a super-profitable film for the studio," said Nikki Rocco, president for domestic distribution at Universal Pictures, the Comcast Corp. unit that released the film.

Noting that "the market has been depressed for these kinds of films," Rocco added that the solid $28 million opening "was better than we would have hoped for." REUTERS

Respectable Roofing LLC
Where Respect Matters!
HIC# PA098215
$50 OFF ANY ROOF REPAIR
CANNOT BE COMBINED WITH ANY OTHER OFFER. EXPIRES 12-31-14
$200 OFF ANY NEW ROOF
CANNOT BE COMBINED WITH ANY OTHER OFFER. EXPIRES 12-31-14
SILVER ALUMINUM COATINGS
Starting at $300
CANNOT BE COMBINED WITH ANY OTHER OFFER. EXPIRES 12-31-14
DOWNSPOUTS
As Low as $150
CANNOT BE COMBINED WITH ANY OTHER OFFER. EXPIRES 12-31-14
215-681-0409
www.respectable-roofing.com
Email: Info@Respectable-Roofing.com

INJURED AT WORK?
WE WILL FIGHT FOR YOU
• SOCIAL SECURITY DISABILITY
• WORK INJURIES
CALL
CHRISTY ADAMS, ESQ
ADAMS RENZI LAW
FREE CONSULTATION • SE HABLA ESPANOL
215-546-4208
ADAMS RENZI AR LAW
CENTER CITY • 1429 Walnut St.
NORTH PHILA. • 227 W. Lehigh Ave.

SPECIAL OFFER
TICKETS only $10
STAYIN ALIVE
ONE NIGHT OF THE BEE GEES
"NIGHT FEVER"
"YOU SHOULD BE DANCING"
"HOW DEEP IS YOUR LOVE"
"STAYIN' ALIVE" & MORE!
JULY 24 • 8PM
AT THE KESWICK THEATRE
GLENSIDE (PHILA)
Tickets & info at: KeswickTheatre.com and AXS.com 215-572-7650
Convenient to SEPTA rail & bus • FREE Parking
*Service charges will apply to phone/online orders.
There is never a service charge at the box office.

Is Your Bath Old, Unsafe & Outdated?
Go From This...
To This!
In As Little As One Day!
Ask about our Senior Discount For 55+ and over.
• Tub to Shower Conversions
• Tub to Tub Conversions
• Financing Available
• Safety and Mobility Items and More...
$250 OFF Wire Discount
Restrictions apply. Expires 07/31/14.
P.J.Fitzpatrick, Inc.
WINDOWS • SIDING • ROOFING • DOORS
BATH SOLUTIONS
484-436-4517
www.trustpj.com
PA Lic. #011323
MD Lic. #121987
DE Lic. #2004201527
NJ Lic. #13VH01442000

Train to become a
Pharmacy Technician
in a matter of months!
Call Now!
877.874.5783
KAPLAN CAREER INSTITUTE

Career Education
Train in
RESPIRATORY CARE
Call Now!
877.874.5783
KAPLAN CAREER INSTITUTE

MEDICAL CAREER TRAINING!
Train as a
MEDICAL ASSISTANT
Call Now! 877.874.5783
KAPLAN CAREER INSTITUTE

SEARCHING FOR A NEW CAREER?
Train for a new career as an
Electrical Technician!
Call Now!
877.874.5783
KAPLAN CAREER INSTITUTE

DON'T WAIT! CALL NOW!
Train for a career as an
HVAC/R Technician
Call Now!
877.874.5783
KAPLAN CAREER INSTITUTE

1991 Sproul Rd., Suite 42, Broomall, PA 19008 • 177 Franklin Mills Blvd., Philadelphia, PA 19154
3010 Market St., Philadelphia, PA 19104
For more information on our programs and their outcomes visit www.kaplancareerinstitute.com/consumer-info.
Kaplan Career Institute does not guarantee employment or career advancement. Programs vary by campus.

TV watch list

DOCUMENTARY

'POV'

Filed under "things you didn't know existed," this episode looks into the world of professional ballroom dancing in Denmark, where eager participants often import dance partners from other countries. We did the same thing for prom. **10:00 P.M., PBS**

REALITY

'The Bachelorette: The Men Tell All'

Bachelorette Andi Dorfman and 16 of her rejected true loves discuss being on the show together. There's also a blooper reel to lighten things up after all that talk of being dumped, and a sneak peek of the finale. **8 P.M., ABC**

REALITY

'Hotel Hell'

Gordon Ramsay takes his expertise to a hotel where the owner is apparently more interested in singing than running a hotel. Couldn't you sing while you run the hotel? Ramsay will have to find out. **SEASON PREMIERE, 9 P.M., FOX**
LISA WEIDENFELD

COMEDY

'Jimmy Kimmel Live!'

Jimmy's got the entire cast of "Guardians of the Galaxy" appearing, so be sure to tune in if you've been hunting down every new trailer for that movie. **11:35 P.M., ABC**

Chris Pratt fans should probably check out Jimmy Kimmel tonight. / GETTY IMAGES

ADAMS CARPET CENTERS
FREE SHOP AT HOME CALL NOW 425-9700
90 DAYS SAME AS CASH OR NO PAYMENTS FOR 6 MONTHS

Heavy Plush
$698.00*
Completely Installed

Super Plush
$598.00*
Completely Installed

3 Rooms of Carpets at ONE LOW PRICE $498

Adams Carpet Centers Family Owned & Operated Since 1970 3rd Generation

KENSINGTON
2850 Emerald St.
(1 block West of Frankford)
215.425.9700
Mon. - Sat. 9am-5pm

BENSALEM
2066 Street Rd.
Bensalem Plaza
215.245.4400
Mon., Wed., Thurs., Fri. 10am-8pm
Tues. & Sat.10am-5pm
Sunday 12pm-4pm

ROXBOROUGH
6604 Ridge Ave.
215.482.3400
Mon., Wed., Thurs., Fri. 10am-8pm
Tues. & Sat. 10am-5pm
Sunday 11am-3pm

FINANCING AVAILABLE • NO INTEREST FOR 6 MONTHS • www.adamscarpetcenters.com

***Seal up for Summer** with*
Government Insured Loans
No Equity, No Appraisal, No Down Payment

100% Financing
starting as low as
Homeowners may qualify immediately for up to: $25,000
$99 per month
with no money down.

The US Department of Housing & Urban Development (HUD) under Title One of the National Housing Act, has made it possible for families to improve their homes where financial considerations might have otherwise made it impossible.

No Equity or Appraisal Required. National Home Improvement Lenders and Private Investors have made it possible for families to make major improvements to their homes..... without whose help it might not have been possible.

For those 62 and older, our lending partners make FHA Insured REVERSE MORTGAGES that allow consumers to have us perform work on their home ***WITH NO MONTHLY PAYMENTS!***

Approved Remodeling Projects:
• Air Conditioning • Vinyl Siding • Heating • Concrete • Decks • Insulation
• Roofing • Kitchens • Doors • Bathrooms • Windows • Basements • Electrical
• Plumbing • Porches • Mold Remediation • *Other projects can be approved*

Call Now To See If You Qualify For This Program

HUD/FHA Insured Loans
888-990-8886
www.tristatecreations.com

PA 002286, NJ 13VH04728900, Philadelphia 39104
Important Notice: Loans are originated through a third-party insurance company. HUD/FHA does not originate loans; they only insure them and does not favor any lender. HUD/FHA does not allow consolidation of your bills. Tri-State Creations, LLC is not connected to,or endorsed by theFHA or HUD in any way.

‘Swimming is escapism’

Rebecca Adlington. Britain’s most successful swimmer talks to Metro about Spanx, wanting gills and how being in the water feels like being in space.

Rebecca Adlington might be retired, but she’s still swimming. / GETTY IMAGES

Rebecca Adlington was just 19 years old when she won two gold medals at the 2008 Olympic Games in Beijing, breaking the world record for the 800m. She’s now 25 and retired, but that doesn’t mean she’s taking her swim goggles off just yet.

This summer, she’ll be teaming up with the SwimBritain campaign, an initiative aimed at increasing awareness about the mental and physical health benefits of swimming.

She tells Metro why this sport is the love of her life — and better than taking antidepressants.

According to new research, swimming is an extremely effective sleep aid and feel-good cure. In that case, shouldn’t insomniacs and people suffering from depression be able to get indoor pools built in their homes or a free membership to a local swimming club?
I don’t know how we’d go about funding that. But it would be better than pills, if you’ve tried every other avenue.

That same study claims that swimming just a few laps a week can decrease negative emotions by a third. Having been the victim of Twitter trolls, would you say that swimming is what helped you deal with their negative attention?
It definitely gave me my confidence and my escapism. It’s a huge part and love of my life. It’s nice to be in a pool with your own thoughts and being able to process things and understand what’s going on. It can give you that kind of peace.

It’s also meant to make people less grumpy. Does that make it OK to push annoying people in the pool?
People are grumpy for a reason! If you’ve just broken up with your partner, then it’s probably not going to cheer you up. But I know that for me, if I’m feeling a bit lethargic and urgh, it helps me to clear the cobwebs away, think about things and come up with solutions.

How would you describe swimming?
Freedom: The feeling of being in water is unlike anything else; you can’t replicate it. I go into my own world. And it’s just kind of the weightlessness, which is kind of how I imagine space would feel.

A lot of people would rather go jogging or ride a bicycle – and wear leggings and baggy workout clothes – because they’re insecure about the way they look in a swimsuit.
You go to the pool to escape, not to look or stare at other people. As soon as you hop in, no one’s going to see you anyway. It’s also about getting the right swimming gear. A lot of swimsuits now have a lot of support; Speedo has a range that does this tummy tuck sort of thing. It’s like Spanx but not as tight.

How many laps do you have to swim before you have to crawl out of the pool?
I can obviously keep going quite a way. ... I do 2,000 meters and [then I’m] done. I might stop to have a drink, change stroke or clear goggles. But I’d say that for most people, swimming for 30 minutes twice a week is a really good start.

Beyond fitness

Is swimming more of a sport or therapy for you?
When I competed it was definitely a sport. But it’s now more about leisure; I don’t even try and swim fast anymore. I struggled with motivation right after the Olympic Games because my body was sick of exercising. So I gave it a good six months of not being in a pool. I took that time out to mentally and physically debrief; I had to learn it wasn’t a race.

ROMINA McGUINNESS
romina.mcguinness@metro.lu

PLUS

Fish envy

If you could be any sea creature, what would you want to be?

I’ve not really thought about it. ... I guess a dolphin? I don’t really like fish. Well, I like them, but I don’t eat them, so I don’t know much about that.

What puts you off about them?

I guess it’s just like eating my own kind.

And if you could have one of their characteristics?

Gills. Because we can put flippers and fins on, but breathing underwater is something we cannot replicate.

Is Your Child Overweight? We Can Help...

DR. JON FISHER

Introducing...

Dr. Fisher’s Medical Weight Loss & Childhood Obesity Program

Helping Your Kids Lose Weight the Healthy Way!

Program Features:
- Medically Supervised
- Dietician Developed Meal Plans
- Kids & Teens Activity Plan
- Online Community to Connect With Other Parents

FREE Online Tools Make Losing Weight Fun and Easy:

With the EZDietPlanner & Fitness Tracker™ and Body Focus Kids & Teens™ You Will Have Access To Everything You Need To Help You Make Smart Food & Fitness Choices for the Entire Family:

EZDiet Planner & FITNESS TRACKER ...just what your doctor ordered!

- Follow your child’s program online or on-the-go
- Eat Smart, Stay Fit™ articles and tips for the entire family
- Activity and recipe ideas your children will love
- And More

4 convenient locations
- Feasterville
- Tabor Ave.
- City Line Ave.
- South Philadelphia

Dr. Fisher’s Medical Weight Loss & Aesthetic Centers

To Schedule an Appointment Call **215-259-3100**

follow us: www.bodybyfishernow.com

© Body Focus International, Inc. All Rights reserved.

You're the next Star

STARt Your Future with a New Career!

- Professional Cooking
- Commercial Cooking
- Professional Pastry & Baking
- Hotel & Restaurant Management
- Surgical Technology
- Dialysis Technician
- Medical Assistant
- Paramedic
- Cosmetology

STAR CAREER ACADEMY

Call or Visit Online Today!

800-739-8600

StarCareer.edu

2371 Welsh Rd. • Philadelphia, PA 19114 | Philadelphia Campus

2501 Monroe Blvd • Audubon, PA 19403 | Audubon Campus

Branches of Syosset, NY

For more information about our graduation rates, the median debt of students who completed the program, and other important information, please visit our website at www.starcareer.edu/faq. Salon services available by appointment. Performed by students, overseen by instructors. Star Career Academy is an approved BONENT program.

A new A/C system is much more affordable than you think.

SPECIAL Limited Time Offer!

Pay as low as $38.00

per month for a new, qualified central A/C system!* Plus $0 down and a $200 rebate!**

bryant Heating & Cooling Systems

Loan Amount	Monthly Payment
$3,000	$38.00
$3,500	$44.00
$4,500	$57.00
$5,000	$63.00
$7,000	$88.00
$8,000	$100.00

We have even more services to help you stay cool:

- Affordable service plans
- A/C systems tune ups for only $109.95
- Ductless/Mini-Split A/C options

877.359.1813

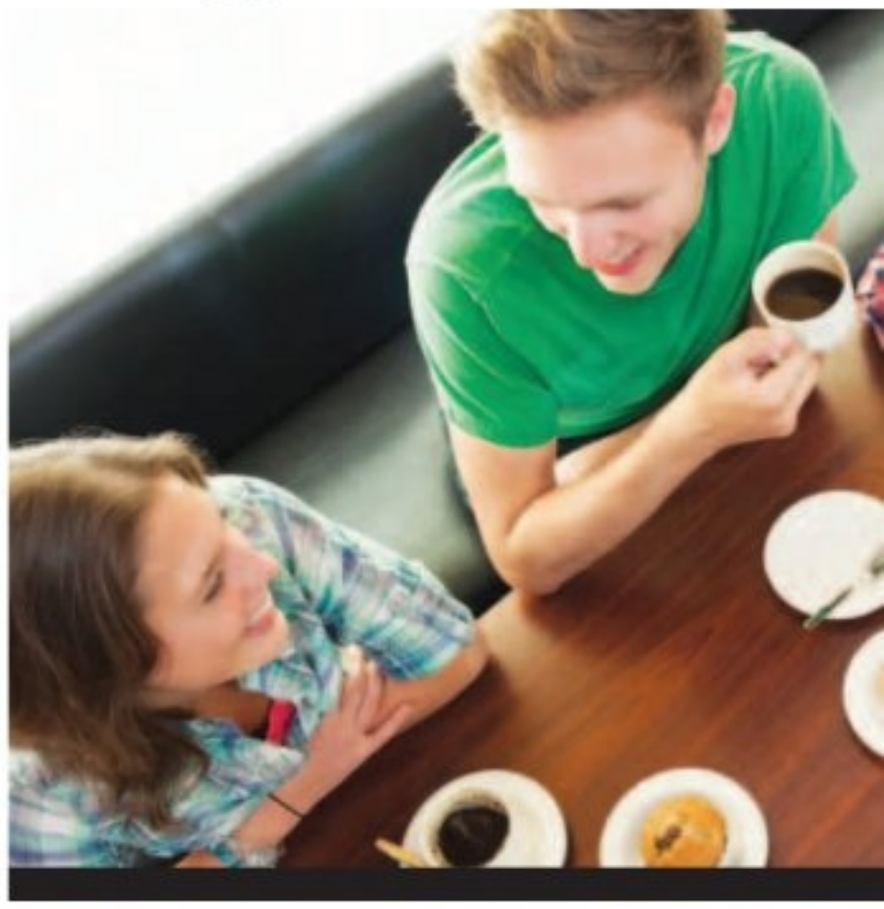
meenan.com

Meenan

*Based on financing a $3,000 installation and 9.99% interest rate up to 132 months. Subject to credit approval by GE Capital and applies to qualified systems only. **$200 rebate applies to qualified systems only. Limited time offer, expires 7/31/14, equipment must be installed by 8/15/14. Call your local representative for complete terms and conditions. Must present ad at time of quote; cannot be combined with other offers. Additional terms and conditions may apply. PA Lic. No. PA032027. NJHIC#13VH01515800. ©2014 Meenan. PA_14038

Dining hall

Campus food. Tired of your school's regular menu? A new cookbook is here to help.



College is often a time when students find their passions in life. Some people discover that they have a head for business, others for foreign languages.

Priya Krishna found the world of college food services.

"People do things like lacrosse in college, and I ended up doing dining halls," Krishna, a recent Dartmouth College grad, says with a laugh. Her new book, "Ultimate Dining Hall Hacks," promises readers that they can learn how to create tasty dishes by using ingredients found through their meal plans.

Krishna says her culinary experiments began shortly after she entered her freshman year. She was eating dinner with her older sister — a fellow Dartmouth alum — when she began wondering if other students would be interested in trying her improvised recipes. She decided to start of a regular column in the student newspaper. Each week, Krishna would share recipes for everything from chicken and waffles to Southern poutine.

One of her very first pieces — a column on how to make a quesadilla out of 75 cents' worth of dining hall credits — became something of a campus sensation, and Dartmouth eventually hired Krishna to be a dining hall consultant.

Krishna began to get more ideas about how to make campus food better as she learned more about the inner workings of the system.

"Whenever I would visit friends at other schools, I'd make them take me to the

Tip

Cooking for beginners

Krishna says that cooks who are just starting out should think simple. "Figure out the flavors that you really like and go from there," she suggests. "You'll get more complex with time."

Visit Metro.us for Priya Krishna's recipe for chicken pot pie.

DOORS UNLIMITED® AS SEEN ON TV

SUMMER SALE! 20- 25% OFF

- STEEL ENTRY DOORS
- SECURITY STORM DOORS
- SOLID CORE STORM DOORS
- ALUMINIUM STORM DOORS
- GARAGE DOORS
- VINYL WINDOWS
- AWNINGS & GLASS BLOCK

Free in Home Estimate

Compare Armor Seal Steel Entry Doors vs. Home Centers	Our Doors	Home Center
7 TIMES STRONGER?	YES	NO
FINISHED PAINTED?	YES	NO
FREE MEASURING?	YES	NO
LIFETIME LIMITED WARRANTY?	YES	NO
CUSTOM-SIZED?	YES	NO
EXPERT INSTALLATION?	YES	NO

WHY COMPROMISE?

BBB MEMBER EASTERN PENNSYLVANIA BUREAU A+ RATING

43 Years Experience

FACTORY DIRECT SHOWROOM

215-455-2100

318 W. Hunting, Park Avenue (3rd & Hunting Park), Philadelphia, PA 19140

hacks

Who says campus food can't be tasty? / WAVEBREAK MEDIA

Gifts

The perfect care package

Thinking of sending some ingredients to the students in your life? Krishna suggests thinking of any unique family spices or sauces that are easy to ship. "And if you are overnighting the package, I suggest sending some fancy cheeses and things like homemade pesto," she says.

Priya Krishna
PROVIDED

dining hall," Krishna recalls. "The best thing a dining hall can do is provide as many a la carte items as possible." She points out that having options like a variety of sauces can really liven up a dish.

While campus food largely has a reputation for being less than stellar, Krishna says campus food often gets a bad rap: "Dining halls have largely been overlooked. But they are innovating at a really fast pace."

You'd think that someone so entrenched in the food world would have grown up cooking, but Krishna says that wasn't quite the case during her childhood in Texas. "I did a lot of watching my mother cook," she says. "I would sit perched on the counter doing my homework while she cooked."

Although she's left campus life behind, Krishna says her dining hall hacks have served her well in the real world. "I make some of the recipes really often," she says. "I almost feel like I use them the same amount that I did in school."

Recipe. Balsamic Caprese Chicken

Ingredients

- Balsamic vinegar
- Olive oil
- Sugar
- Grilled chicken
- Mozzarella
- Tomato slice
- Pesto

Want to try your hand at one of Krishna's creations? She shares her recipe for Balsamic Caprese Chicken with Metro readers.

Directions:

1 Mix together balsamic vinegar, olive oil and a pinch of sugar in a bowl.

2 Drizzle half of the dressing over a piece of grilled chicken

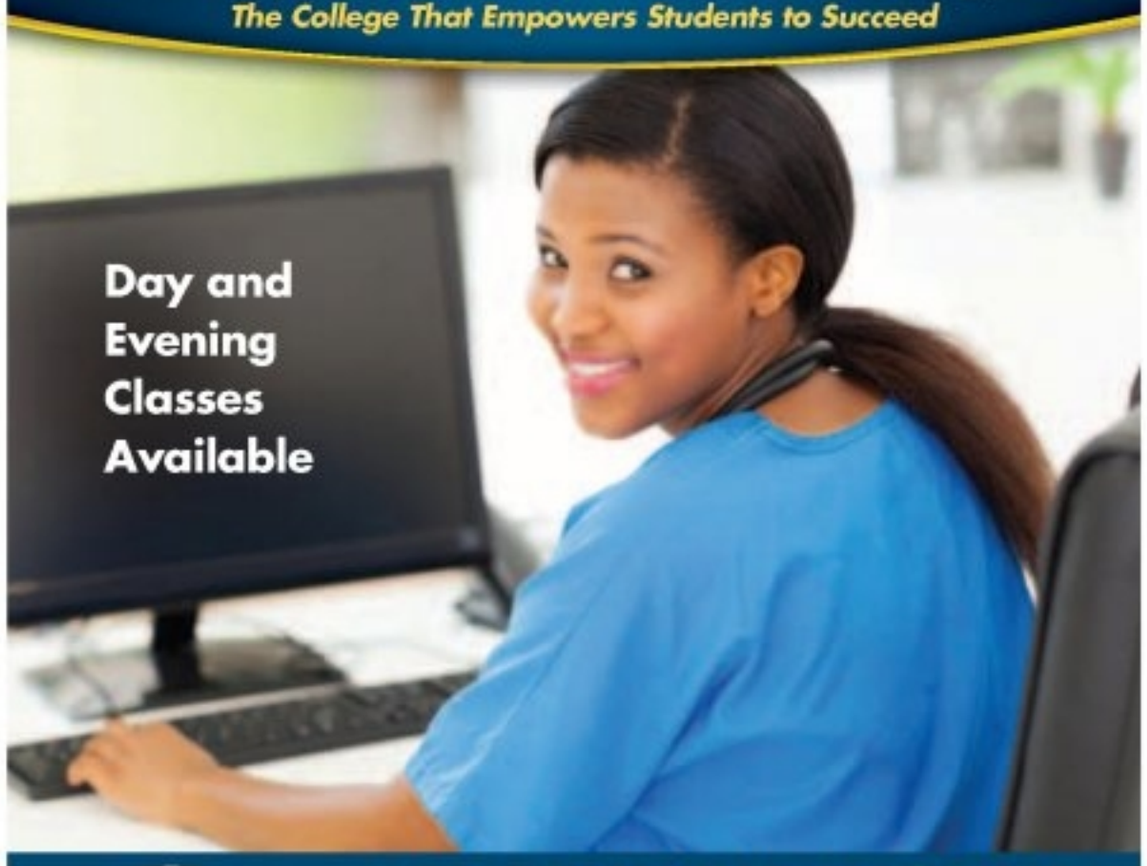
3 Top the chicken with a piece of mozzarella, the tomato slice and some pesto.

4 Drizzle the rest of the dressing on top of the mozzarella.

— Excerpted from "Ultimate Dining Hall Hacks" by Priya Krishna and used with permission from Storey Publishing

LAKSHMI GANDHI
@LakshmiGandhi
lakshmi.gandhi@metro.us

Pennsylvania Institute of Technology
The College That Empowers Students to Succeed



MEDICAL BILLING & CODING
CAREER CERTIFICATE PROGRAM

Partners In Tomorrow
• Middle States Accredited College*
• Affordable Tuition
• Successful Job Placement
• Day or Evening Classes

"What I enjoyed about P.I.T. was the small classrooms and the way the teachers treated me. They really cared!"
- Jennifer H.

INVEST IN YOUR FUTURE!
Start Your College Courses Today!
MEDIA : 866-249-3581
CENTER CITY : 888-452-8959
INFO at PIT.edu

Certificate Programs can be expanded to Associate Degrees. *Pennsylvania Institute of Technology is a not-for-profit college accredited by the Middle States Commission on Higher Education, 3624 Market Street, Philadelphia, PA 19104. (267-284-5000). For complete details on gainful employment as required by the Department of Education, please visit www.pit.edu and click on the Gainful Employment link. A Non-Discriminatory College.

Career Education

Reinvent yourself today!

Train to become a Medical Assistant!

Call Now! 800.983.9801
www.kaplancareerinstitute.com

KAPLAN CAREER INSTITUTE

1991 Sproul Rd., Ste. 42 • Broomall, PA 19008
177 Franklin Mills Blvd. • Philadelphia, PA 19154
3010 Market St. • Philadelphia, PA 19104

For more information on our program and its outcomes visit www.kaplancareerinstitute.com/consumer-info. Kaplan Career Institute does not guarantee employment or career advancement. Programs vary by campus.

A Successful Future in Computer Technology and Allied Health Begins at CTI!

Donna Allen, Health Care Billing and Coding Technician

September Class Forming NOW!

Miguel Perez, Web Designer

- IT and Healthcare Programs
- Certification in Medical Office Assistance
- Externships and Career Services
- Financial Aid for those who qualify
- Day and Evening Classes with Military Friendly School

ACCSC

Computer Technology Institute
careersinit.org • 215.568.9215
100 South Broad Street, Suite 830 • Philadelphia, PA 19110

METROPOLITAN CAREER CENTER

COMPUTER TECHNOLOGY INSTITUTE

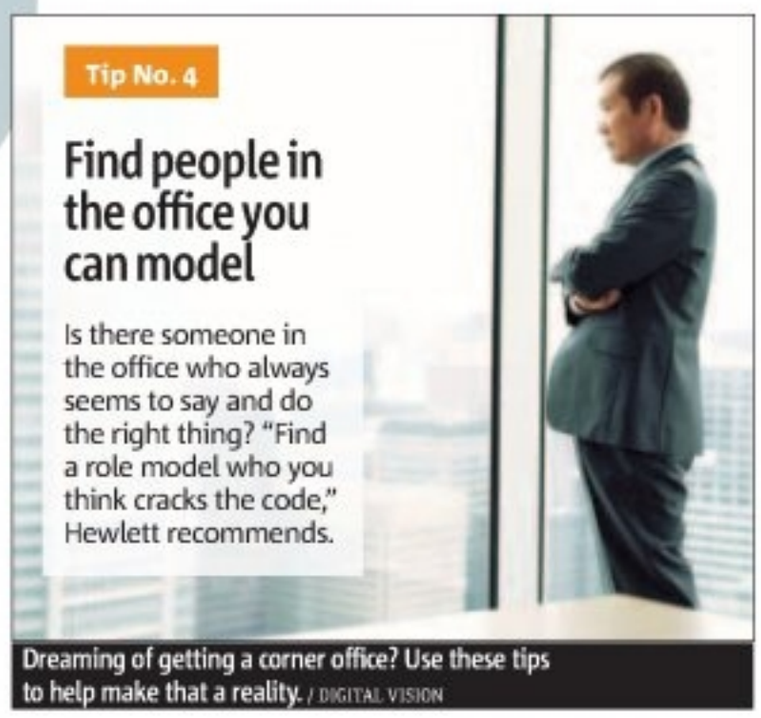
Tips for climbing the corporate ladder

Career road map. Here's how young employees can develop gravitas.

There are certain pieces of advice that almost every young entry-level worker gets used to hearing: Look professional at all times, speak confidently, be authoritative.

What's less clear is how a young worker can actually develop these skills.

"If you are the most junior person on the team, you have to prove that you have the right to be there," says Sylvia Ann Hewlett, the founder of the Center for Talent Innovation and the author of the new book "Executive Presence: The Missing Link Between Merit and Success." She shares these tips for success.



Dreaming of getting a corner office? Use these tips to help make that a reality. / DIGITAL VISION

1 Communication is key. Regardless of what field you are in, the ability to present your thoughts clearly is always essential. "Make sure that you are contributing something that is fresh and new," Hewlett says.

Tip No. 4

Find people in the office you can model

Is there someone in the office who always seems to say and do the right thing? "Find a role model who you think cracks the code," Hewlett recommends.

Tip No. 5

Don't look at your notes

One of the keys to appearing knowledgeable is to be able to speak without relying on things like PowerPoint and notes. "I'm not saying never use notes," says Hewlett. "But use [PowerPoint] sparingly. Be prepared to make your points without reading them. Tell stories. Make eye contact."

2 Watch your tone. Hewlett recommends practicing keeping your voice level and cutting down on "up talk," which is when speakers raise their voices at the end of a sentence.

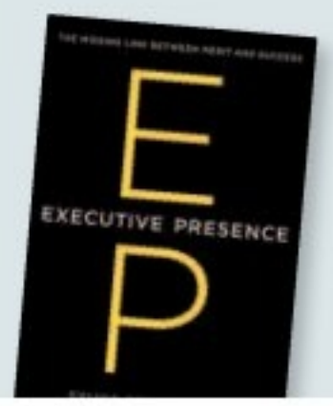
3 Practice, practice, practice. Record yourself speaking as you would at a meeting. "You can get a friend and practice together," Hewlett says. "Practice how you can boil down your thoughts in a concise way."

LAKSHMI GANDHI
@LakshmiGandhi
lakshmi.gandhi@metro.us

Tip No. 6

Be present

Leave your smartphone behind when attending meetings to avoid the temptation of looking at it. "Team leaders hate it when people show up and seem distracted," Hewlett says. "To appear focused and to appear available is half the battle."



Fix that ANNOYING home repair for Just $249

Here's how it works.

- We send out one of our 24, fully trained Repair Specialists.
- They will diagnose your problem and review their findings with you (93.6% of all repairs we evaluate can be fixed, that day, for **$249**).
- In the event your issue can't be repaired for $249, you are given multiple options with no obligation or charge.

It's just that simple.

This is a limited time offer so call P.J. today and take advantage of our...

Take advantage of our
$249 Repair Special
and fix any *minor* **Gutter, Siding** or **Roofing** repair.
Limited to materials on truck. Restrictions apply. Expires 07/31/14.

Clean those gutters before the problems start!
$189 Gutter Cleaning Special
Limited to materials on truck. Restrictions apply. Expires 07/31/14.

Why choose PJ Fitzpatrick?
Customer Satisfaction
98.3% of customers surveyed in 2013 would recommend PJ Fitzpatrick to their friends and relatives.

484-436-4517 • www.trustpj.com
NJ Lic. #13VH01442000 DE Lic. #2004201527 PA Lic. #011323 MD Lic. #121987

Special offers for AC start here.

SURE START℠ $99.95*
10-POINT AC TUNE-UP

Energy-efficient AC systems
$0 down & payments as low as $38 per month for qualified customers**

bryant Heating & Cooling Systems

Call today!
1.877.694.3041
petro.com petro mobile

PETRO HOME SERVICES

*$99.95 for the first unit, $79.95 for each additional unit. Additional terms and conditions apply. Additional charge applies to work scheduled on weekends, holidays or after 5pm. **Based on financing a $3,000 installation and 9.99% interest rate up to 132 months. Subject to credit approval by GE Capital and applies to qualified systems only. Call your local representative for complete terms and conditions. Must present ad at time of quote; cannot be combined with other any other offer. NJ Lic. No. NJ13VH03882400. PA Lic. No. 020599. ©2014 Petro. P_14379

Horoscope

♋ Cancer | June 21-July 22. A miscommunication could hurt someone's feelings, but a truthful dialogue will strengthen a relationship.

♌ Leo | July 23-Aug. 22. You will be pleasantly surprised if you choose to join a serious-minded organization. Your long list of accomplishments will make you feel proud.

♍ Virgo | Aug. 23-Sept. 22. Look before you leap. Although you may have several interests in common with a new acquaintance, you should take time to investigate problems.

♎ Libra | Sept. 23-Oct. 22. Relationships with family members will try your patience. Avoid unpleasant confrontations. Opt to spend time with peers.

♏ Scorpio | Oct. 23-Nov. 21. Your curiosity will be stimulated by exotic destinations. Even if a trip is not currently possible, there are many cultural activities.

♐ Sagittarius | Nov. 22-Dec. 21. Don't let another's opinion cause you to change your career direction. Do what's best for you. Consider all of your options.

♑ Capricorn | Dec. 22-Jan. 20. Turmoil is likely to disrupt your life. Take a step back and re-evaluate your current situation. An objective view will be the key.

♒ Aquarius | Jan. 21-Feb. 18. You will have a much better chance of reaching your goal if you keep your plans a secret. Wait until you are fully prepared.

♓ Pisces | Feb. 19-March 20. Focus on social or humanitarian events. Your persistence will enable you to persuade others to join in the cause that you're championing.

♈ Aries | March 21-April 20. You may be frustrated, but don't let problems at work interfere with your home life. Whatever the issue, do your best.

♉ Taurus | April 21-May 21. After working hard, you deserve some downtime. A day of pampering will help prepare you for your next challenge.

♊ Gemini | May 22-June 20. A joint moneymaking scheme may tempt you, but you should hold back. You will do better sticking to conservative investments. BERNICE BEDE OSOL

Sudoku: Easy and hard

			9		1	5		
7	6						9	4
		9					2	6
	5	2		3		7		
	3			9			6	
		1		8		3	5	
4	7					9		
5	2						4	7
		8	7		6			

8		5	9				1	
7						9		3
		6	3		5			
5			2	3	8		9	
				7				
	6		5	9	1			7
			8		3	2		
3		2						1
	5				4	8		9

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

Courting their own agendas

Re: 'When you can't please everyone' (Metro, July 17-20) Columnist Tom Foreman's comparison of the Supreme Court to "referees" implies a level of impartiality that the Court often fails to exhibit. The justices are political appointees, and from Dred Scott down to Citizens United they have usually supported the views and agenda of whoever appointed them (there have been notable exceptions, but not on the present court). It's impossible to read the "logic" behind Bush v. Gore and not realize that this has always been mostly a bunch of political hacks, no matter which side.
HARVEY WACHTEL, VIA EMAIL

Have a heart

The current border crisis, where thousands of children are coming to escape violence and poverty in their home countries, is shaping up to be a dark chapter in our nation's history. It continues to amaze me how the supposedly "great" people of this nation have hardened their hearts so thoroughly to innocent children. The reaction I always hope to see is for love and compassion for fellow humans to rule over fear and hatred of the "other," but it seems this will not be the case.
ANNIE J. FERRIS, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

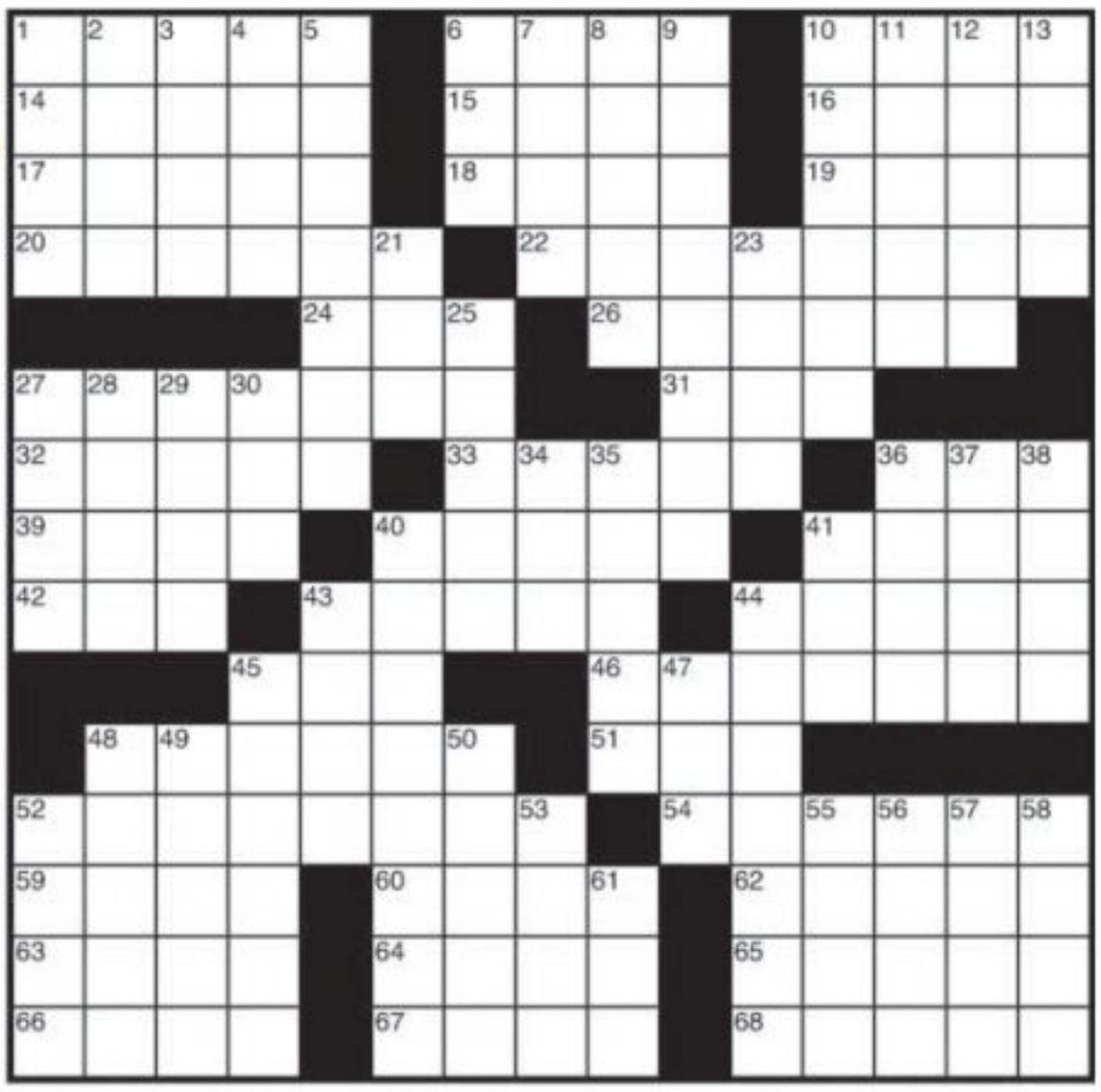
Visit us online at **Metro.us.**

Use your smartphone to find today's crossword answers! Download and open the Blippar app on your smartphone and hold the screen over the puzzle.

Crossword

Across
1 Ecuador's capital
6 Ferret feet
10 Kind of pump
14 Of cities
15 Pre-college
16 Does very well
17 Graceful and quick
18 Kitty's fur
19 Minute amount
20 Dry place
22 Shrimp catcher (2 wds.)
24 Lout
26 Pal
27 Varnish
31 Swing voter (abbr.)
32 People devourers
33 Delete a file
36 Hive occupant
39 Bulrush or cattail
40 Find how many
41 Group of peers
42 Language suffix
43 English poet
44 Nemo's creator
45 Silent
46 Fostered a felon
48 Made a call
51 Reproach oneself for
52 Hats
54 Stretched to see
59 Rinse off
60 Lawn invader
62 Campaign issue
63 Drew on
64 Fit to — —
65 Prickly pear
66 Hecht and Franklin
67 Oxen harness
68 Exam score

Down
1 Dorm view
2 Sudden impulse
3 Heron cousin
4 Legend
5 Burdensome
6 Delt neighbor
7 Oodles (2 wds.)
8 Pier
9 Ravi Shankar, e.g.
10 Left port
11 The Huskies of the NCAA
12 Rationed out
13 11th-grade exam
21 – kwon do
23 Zinfandel, e.g.
25 Refrigerant
27 Traditional learning
28 Historical periods
29 Manitoba tribe
30 Theorem ender
34 Dash off
35 Poet's adverb
36 Lancaster of films
37 Ocean-going bird
38 Inspected
40 Leave (2 wds.)
41 Travel option
43 Kind of buggy
44 Swerving
45 Inexpensive wheels
47 Tampa Bay pro
48 Stage
49 Place of refuge
50 Because of (2 wds.)
52 Primitive weapon
53 Be "it"
55 Romance, to Pedro
56 Auto-parts store
57 "By Jove!"
58 Edit out
61 Aberdeen's river



Weekend's answer

metro **As the world's largest global newspaper, Metro has more than 18 million readers in more than 100 major cities in 23 countries.** • **Metro Philadelphia** 30 S. 15th St., Philadelphia, PA 19102 • **main** 215-717-2600 • **to advertise** 215-717-2695 • **National Sales Director** Ed Abrams • **Executive Sales Director** Jennifer Clark • **U.S. Circulation Director** Joseph Lauletta • **U.S. Marketing Director** Wilf Maunoir • **email sales** adsphilly@metro.us • **email distribution** distribution@metro.us • Advertisements appearing in Metro are published in good faith. Metro does not endorse and makes no representations about any of the advertising content appearing in its pages. Metro is not responsible for any loss or damages whatsoever resulting from readers using the services of its advertisers. Readers should exercise caution when replying to advertisements, especially those which require any form of payment, and, where necessary, should seek independent legal advice. • **Editor in Chief** Aleksander Korab, aleksander.korab@metro.us • **Managing editor** Mark Osborne, mark.osborne@metro.us • **National News Editor** Jill Gadsby, jill.gadsby@metro.us • **City Editor** Christina Paciolla, christina.paciolla@metro.us • **Sports Editor** Evan Macy, evan.macy@metro.us • **Features Editor, Music Editor** Pat Healy, pat.healy@metro.us • **Deputy Features Editor, Home/Style/Food Editor** Tina Chadha, tina.chadha@metro.us • **Entertainment/Going Out Editor** Rachel Vigoda, rachel.vigoda@metro.us • **Film/Tech Editor** Matt Prigge, matt.prigge@metro.us • **Wellbeing/Going Out/Travel Editor** Eva Kis, eva.kis@metro.us • **Careers/Education/Dating Editor** Lakshmi Ghandi, lakshmi.gandhi@metro.us • **Copy Chief** Tracie Michelle Murphy, tmichelle.murphy@metro.us

3 SPORTS

New great emerges

McIlroy claims Open title

Rory McIlroy held off a charge from Sergio Garcia to win his third major title and first British Open Championship. McIlroy wasn't as strong as he was in the first three rounds, but a 1-under 71 was enough to finish at 17-unde, two strokes better than Garcia and Rickie Fowler, who entered the day in second.

Scout: Hamels only to be dealt for big pieces

MLB. One NL scout said it would take a "massive" package to pry Cole Hamels off the Phillies at the deadline.

After Cole Hamels dominated the Braves Saturday night, contending teams dreaming of adding an ace, must be salivating over the prospects of adding King Cole.

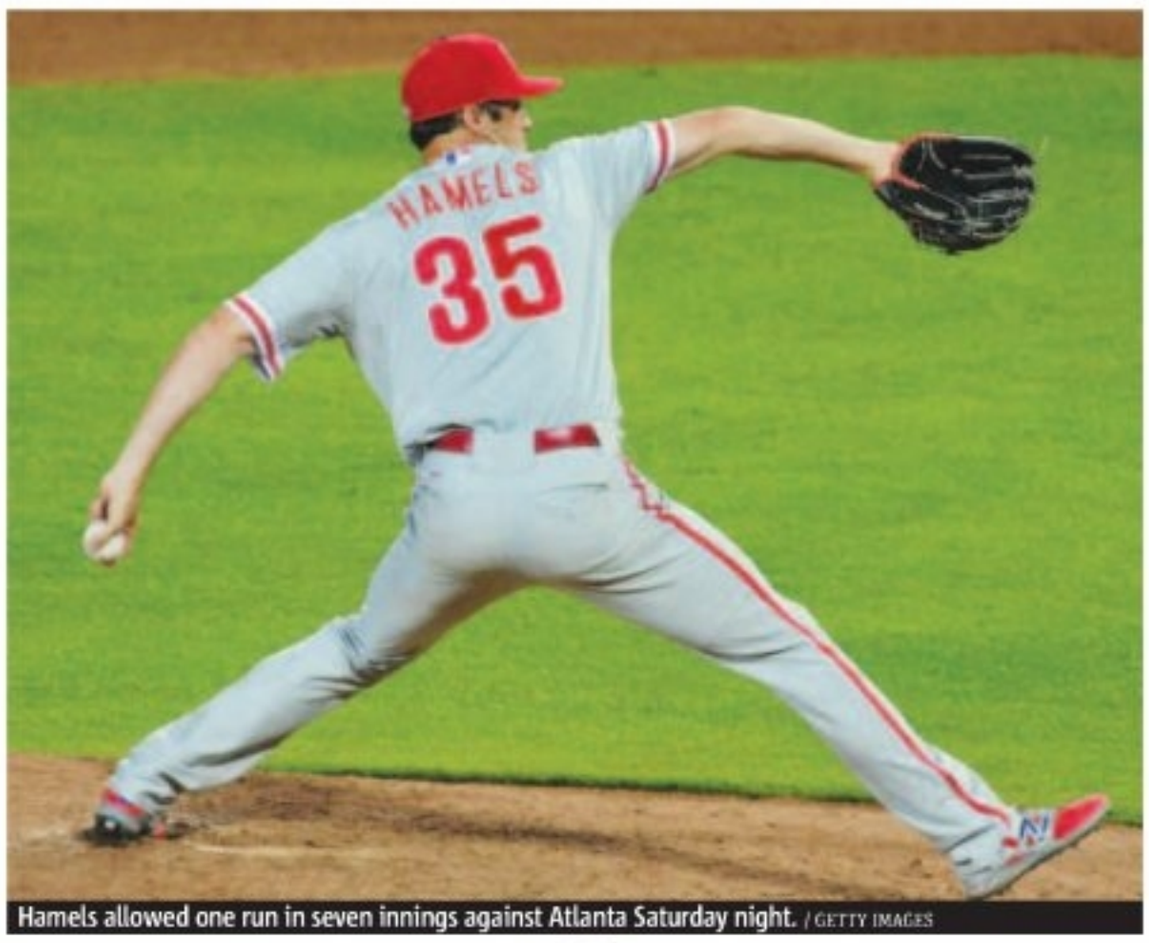
However, general manager Ruben Amaro would be dealing a star entering the prime of his career.

"If the Phillies were to trade Hamels, they would have to get a massive package," a NL scout said. "Hamels is an ace and they don't grow on trees."

Hamels, 30, who pitched his best game of the season over the weekend, is having an exceptional campaign, while starting for a lousy team.

But the Phillies don't appear to be considering a total rebuild, which isn't surprising. The $2.5 billion infusion of Comcast cash kicks in next season.

"The Phillies will have a bunch of contracts that will expire in two years," a NL scout said. "Barring unforeseen injuries, Hamels could still be an elite starter then. I don't think the Phillies will trade Hamels"

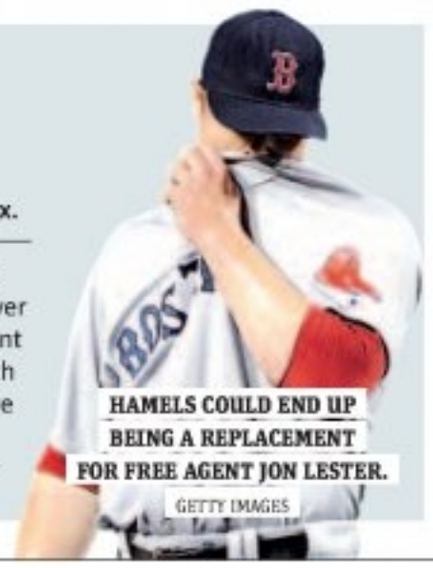


Hamels allowed one run in seven innings against Atlanta Saturday night. / GETTY IMAGES

Sox interested?

One team that may be interested in Hamels, surprisingly, is the Red Sox.

- The Boston Globe and CBS Sports reported over the weekend they'd sent their top scout to watch Hamels. But the Sox are six games under .500 and barely in the race.



HAMELS COULD END UP BEING A REPLACEMENT FOR FREE AGENT JON LESTER. GETTY IMAGES

Phillies icon Steve Carlton posted a ridiculous 114-65 record for the Phillies after he turned 32.

Fans make a huge deal about Hamels signing a deal for $144 million but he left a considerable amount of cash on the table.

"There's no doubt about that," Dodgers ace Clayton Kershaw said. "He would have made a lot more money if he signed elsewhere, like here [to the Dodgers]. I wish he did come here. Phillies fans should appreciate Hamels. He's one of the best in the game. There's no doubt about that."

Watching Hamels stifle the Braves early with his best fastball of the season and then dazzle Atlanta in the latter innings with his devastating changeup gives the team one piece in the 25-man puzzle.

"I think it would be crazy if the Phillies trade Cole," Jayson Werth said after he roughed up his ex-teammate just before the All-Star break at Citizens Bank Park. "He's a great pitcher. There's only a few of them in the game. Everybody wants one of those. How much would it take to get a guy like Hamels? I just don't see how a team can put that kind of package together. He's an amazing pitcher, and he was a great teammate. If I'm the Phillies, I hold on to him."

ED CONDRAN
@MetroPhilly
sports@metro.us

AMA CARS

OVER 100 VEHICLES IN STOCK!

GOOD CREDIT

BAD CREDIT

CHARGE-OFFS

REPOS

2005 Lexus RX 330 AWD
Dual Climate Control, Skid Plates, CD
$14,999

2005 Hummer H2
Custom Chrome Wheels, Roof Rack, Privacy Glass
$19,999

2009 Mercedes GL550
Rare Find!
LCD Monitor, CD/DVD/MP3, Navigation
$34,999

2010 Infiniti FX35
Moon Roof, Leather, AWD
$29,999

2008 Volkswagen Routan
3 LCD TV Monitors, Leather, Rear View Camera
$16,999

FINANCING 4 EVERYONE!
0 DOWN*
CALL TODAY!
DRIVE TODAY!

2009 Mercedes C300
Moonroof, LCD Monitor, 45k Miles
$21,999

Rates as low as 1.9%

2008 GMC Acadia SLT
Base Premium Stereo, Leather, Heated Seats
$19,999

2008 BMW X5
Panoramic Roof, 3rd Row Seats, Leather
$24,999

Payments $99/mo.. as low as

2010 Chevy Impala LT
Sunroof, Leather, CD/MP3
$14,999

1996 BMW Z3
Convertible, Leather, 72k Miles
$6,999

Radisson Hotel · Roosevelt Blvd · Neshaminy Inn · AMACARS · Lincoln Motel

2399 Old Lincoln Hwy. Trevose, PA 19053

SE HABLA ESPANOL

On the Roosevelt Blvd. Across from the Neshaminy Interplex

215-638-4430

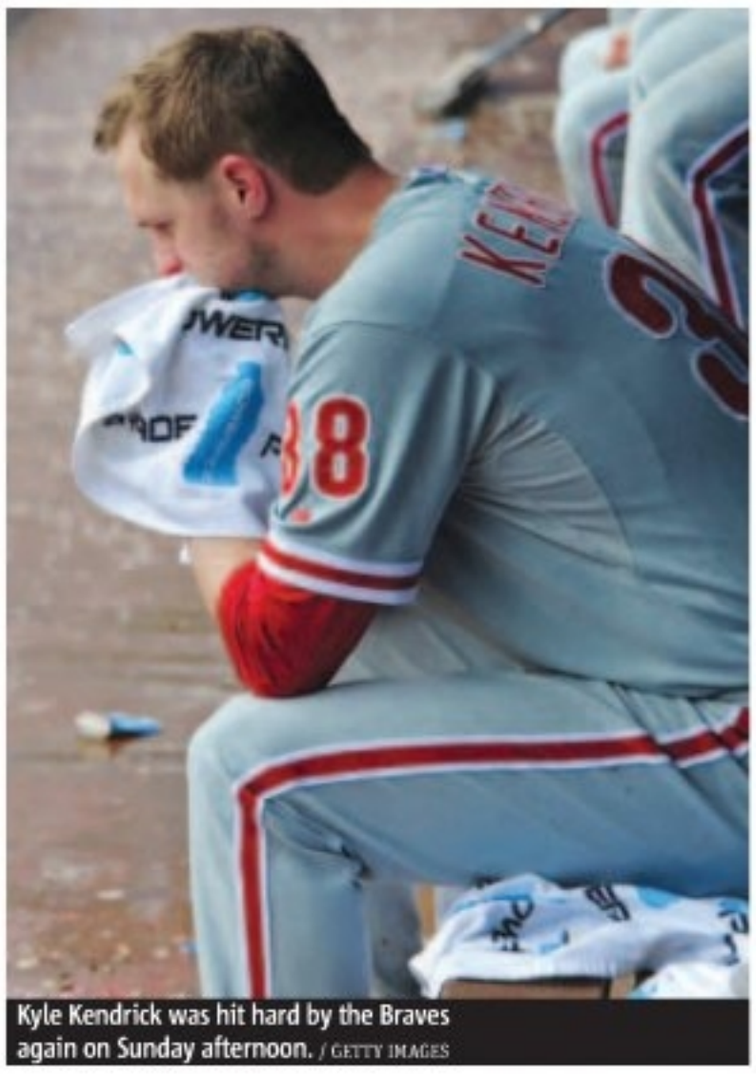
CALL OUR TOLL FREE AUTOMATED SYSTEM 24 HOURS,
7 DAYS A WEEK NO SALESMAN - NO HASSLES • JUST RESULTS 1-800-890-5972
Visit www.amacars.com to view our full inventory!

*On Select Vehicles. **Based on $6000 Cost $1000 Down at 7.9% for 72 mo.

Present ad $250 OFF

Open Monday to Friday 9-8, Saturday 9-5

MLB. Phillies blown out as Braves salvage series at Turner Field



Kyle Kendrick was hit hard by the Braves again on Sunday afternoon. / GETTY IMAGES

The Braves picked up the rubber game over Philadelphia as they continue to fight neck and neck with the Nationals atop the NL East.

The Phillies got a rough outing from Kyle Kendrick, who lasted just five innings and allowed six earned runs on five hits and two walks.

The big blow came off the bat of third baseman Chris Johnson, who homered in the second inning to go up 2-1. John Mayberry had hit his sixth home run of the season in the top of the inning to give the Phillies their only lead of the game.

The Braves jumped on Kendrick again in the third inning, plating four runs on just one hit. Kendrick walked two batters — one with the bases loaded — hit two batters, and Mayberry committed an error as the Phillies came unraveled in the inning.

Mario Hollands came in and gave up two more runs on four walks in the sixth inning to put the game out of reach.

Alex Wood threw six innings of one-run ball to earn his seventh win of the season for the Braves. Justin Upton and Tommy La Stella each had two hits for Atlanta. La Stella also drove in three runs.

Kendrick, who is a free agent after the season, isn't doing himself — or the Phillies — any favors on the trade market. Kendrick has just one quality start in his last five outings and a 5.16 ERA since June 1. His ERA has risen from 3.96 after his first eight starts to 4.87 on the season.

Marlon Byrd, who might also be on the trade market, hit his team-leading 19th home run in the ninth inning.

The Phillies (43-55) return home for a seven-game homestand against National League West foes San Francisco and Arizona beginning Monday. And then 11 of their following 14 games come against divisional opponents (New York and Washington).

MARK OSBORNE

Visit **Metro.us** to see why Jonathan Papelbon fits in Los Angeles.

Reinforcements

Lee expected to make return on Monday night

The Phillies will get some reinforcements on Monday when Cliff Lee is expected to return to the rotation against San Francisco.

Lee has not pitched since May 18 due to a strained left elbow. He was 4-4 with a 3.18 ERA and 61 strikeouts at the time of his injury.

While the Phillies could certainly use his boost in the rotation, they might also welcome a chance to showcase the 35-year-old left-hander with just 10 days left before the non-waiver trade deadline. There are sure to be a handful of contenders interested in the veteran.

Lee will start tonight against Ryan Vogelsong and then on July 26 against Arizona. His next scheduled start would be on the trade deadline itself. With two years and $52 million left on his deal, he might be able to get past waivers and be traded after Aug. 1 as well.

METRO

LEE HAS AT LEAST TWO STARTS TO SHOW HE IS HEALTHY. GETTY IMAGES

STOP THE SEARCH! Sign and drive for $0 DOWN!

Ask for Dr. Credit's Approval
And Drive Today. Apply Online or Call
SPECIAL DISCOUNT FOR SEPTA, HOSPITAL, GOV'T & CITY EMPLOYEES
www.edencars1.com

2009 NISSAN ALTIMA — $0 Down — CD, Auxiliary MP3 Input, 6 Speakers, Phone Telematics, Interior Air Filtration, Cruise Control, A/C, 12V Power Outlets, Split-Folding Rear Seat — $6900 — $159/Month

2006 DODGE DAKOTA CLUB CAB — $0 Down — Anti-Theft System, Cruise Control, Dual Front Airbags, Privacy Glass, Power Everything — $7900 — $169/Month

2007 CHRYSLER CROSSFIRE — $0 Down — Aluminum Wheels, Anti-Theft System, Braking Assist, Keyless Entry, Heated Seats, Power Everything — $7900 — $169/Month

2011 CHEVROLET MALIBU — $0 Down — CD/MP3, XM Radio, OnStar, Alloy wheels, Cruise Control, Power Everything, All Season Tires, 6 Speakers — $8900 — $189/Month

2011 CHEVROLET IMPALA — $0 Down — CD/MP3, Steel Wheels, A/C, Interior Air Filtration, Cruise Control, 12V Power Outlets, All Power — $8900 — $189/Month

2008 HYUNDAI ENTOURAGE — $0 Down — Folding 3rd Row Seats, 172 Watt Stereo, Roof Rack, Dual Zone Climate Control, Cruise Control, Premium Cloth Seating — $8900 — $189/Month

2008 HONDA ACCORD EXL — $0 Down — Moon Roof, leather, ABS 4-Wheel, Anti-Theft System, Keyless Entry, All Power, In Dash CD 6 Disc — $9900 — $189/Month

2006 BMW X3 — $0 Down — Leather, All Power, Keyless Entry, Sun/Moon Roof, CD, AWD, Cruise Control, Run Flat Tires — $9900 — $189/Month

2008 LEXUS ES350 — $0 Down — Power Everything, CD, Moon Roof, Leather, Heated Seats, Bluetooth, Alloy Wheels, Rear View Camera, Satellite Radio, Parking Sensors, Cruise Control — $12,900 — $259/Month

2011 VOLKSWAGEN JETTA SE — 19k Miles — Leather, CD/MP3, Climate Control, Cruise Control, Fuel Efficient, Interior Air Filtration, Keyless Entry — $13,900 — $269/Month

2010 NISSAN MAXIMA — $0 Down — CD/MP3, Bluetooth, 8 Speakers, Power Moonroof, Alloy Wheels, Dual Climate Control, Cruise Control, Keyless Entry — $13,900 — $269/Month

2011 TOYOTA CAMRY LE — 50k Miles — Fuel Efficient, CD/MP3, 160 Watt Stereo, Bluetooth, Climate Control, Cruise Control, Power Everything, Keyless Entry — $13,900 — $269/Month

2009 HYUNDAI SANTE FE — 40k Miles — ABS- 4 Wheel, Anti-Theft Alarm System, Braking Assist, CD/MP3, Privacy Glass, 12V Power Outlets, Keyless Entry — $14,900 — $259/Month

2007 VW TOUREG — $0 Down — Keyless Entry, All Power, Leather, Cruise Control, Climate Control, CD, Alloy Wheels, AWD — $14,900 — $289/Month

2008 TOYOTA TUNDRA — $0 Down — CD/MP3, Dual Zone Climate Control, Steel Wheels, Chrome Bumpers, Cruise Control, Power Everything — $16,900 — $339/Month

2008 BMW 328XI CPE — $0 Down — CD/MP3, Subwoofers, Remote Sunroof, Alloy Wheels, Run Flat Tires, Dual Climate Control, Leather, AWD, Climate Control — $17,900 — $359/Month

2007 BMW X5 4.8I AWD — $0 Down — CD/MP3, 205 Watt Stereo, 2 Subwoofers, Roof Rack, Alloy Wheels, Dual climate Control, Cruise Control, Leather, Run Flat Tires — $19,900 — $379/Month

2011 RANGE ROVER EVOQUE PRESTIGE — $0 Down — AWD, Braking Assist, Air Filtration System, CD/MP3, Multi-Function Remote, Navigation System, 12V Power Outlets, Push Button Start — $43,900 — $699/Month

EDEN VEHICLE MARKETING INC.

MONDAY - THURSDAY 9AM-9PM - FRIDAY 9AM-6PM Saturday 10am – 4pm
215-698-9996
6213 E Roosevelt Blvd, Phila., PA 19149
Between Bustleton & Devereaux on the Boulevard

CLIP IT. BRING IT. CASH IN!
up to $1,000
TO USE AS CASH TOWARD THE PURCHASE OF ANY VEHICLE
ADDITIONAL VALUE FOR YOUR TRADE - DOWN PAYMENT
Must be presented prior to negotiations. Cannot be used for service or parts. Cannot be combined with other offers.

Monthly payments based on 5.9% APR for 66 months plus tax and tags for qualified buyers.

Ford
CHEVROLET
LUCAS AUTO GROUP
CHRYSLER
DODGE
Jeep
RAM

Welcomes
Senior Sales & Leasing Consultant
BILL OWENS
To Our Sales Staff!

Bill joins us with 38 YEARS of automotive experience, largest previous client and network base in the tri-state area.

To all previous and future customers, please stop by or give Bill a call or a text:
Cell: 856-520-1076
or
Email: spifibilly@yahoo.com

God Bless You & Your Family!!

900 East Route 130/P.O. Box 608
Burlington, New Jersey 08016
609-386-3100
WWW.LUCASCARS.COM

Syncronicity

CAROLINE WOZNIACKI
GETTY IMAGES

Wozniacki wins on same day at McIlroy

Not one to be one-upped by her former flame, Caroline Wozniacki claimed her first WTA title of the year Sunday.

Wozniacki, who broke up with Sunday's British Open winner Rory McIlroy earlier this year, won the Istanbul Cup, 6-1, 6-1, over Roberta Vinci.

The former world No. 1 was engaged to McIlroy before the two split up, reportedly over a phone call, in May.

Wozniacki, who reached No. 1 in 2010, is currently ranked No. 15 in the world. METRO

NBA. Cavaliers near deal to sign Wiggins, trade still possible

The Cavaliers are reportedly nearing a deal to sign No. 1 overall pick Andrew Wiggins. Whether he'll make it to the fall to play with Cleveland is another story.

ESPN reported Sunday afternoon the Cavs are expected to sign the former Kansas forward this week for about $5.5 million. Rookie deals are slotted in the NBA.

Wiggins still could be part of a trade with the Timberwolves to acquire All-Star power forward Kevin Love. The Cavs are still debating whether they want to include the top pick in the deal along with last year's top pick, Anthony Bennett. METRO

WIGGINS AVERAGED 17.1 POINTS PER GAME AS A FRESHMAN AT KANSAS LAST YEAR.
GETTY IMAGES

Philly Auto
4530 Torresdale Ave, Philadelphia, PA 19124
215.953.7400
"Walk in and drive out."
• Discounts for Hospital, City, and SEPTA employees
• Start your credit HERE!
• EVERYONE DRIVES!

★ GRAND OPENING SALE! ★
$900 OFF WITH AD!
EVERYONE'S APPROVED!"
• $0 Down and low monthly payments
• Warranties included on all vehicles
• INSTANT APPROVAL!

Visit us at www.PhillyAuto.com for our full inventory!

Monthly payments reflect 3.99% @ 66 months for qualified buyers.

GAS/OIL HEAT • AIR CONDITIONING

$1089 Completely Installed
GM S8040 REPLACEMENT

ONE DAY INSTALLATION
100% FINANCING
CREDIT CARDS ACCEPTED

SUMMER SALE
$990 DELIVERED
VSX13015

The Goane Boys 610-353-5400

metro

METRO READERS ARE
12 YEARS YOUNGER THAN THE
INQUIRER READERS!

TO ADVERTISE, CONTACT: adephilly@metro.us or 215.717.2695

Home Design Shop
Over 30 Years of "Shop at Home" Excellence
215-942-7938
Fully Licensed & Insured
EPA Certified

All Types of Doors-
Steel Entry
Security Storm
Aluminum Storm
French & Patio
Garage
Installation Available

Financing Available!

Windows- $349 each INSTALLED!
Includes: Double Insulated, Low-E Argon Gas, Full Exterior Capping, 1/2 Screen, Welded Sash & Frame
3 window minimum

Windows-
Bays
Bows
Sliders
Glass Block

Family Owned - We Will Beat Any Price!
Ask about our Senior Citizen's Discount!
Vinyl Siding, Awnings, Railings, Window Guards, Vertical Blinds & Radiator Covers too!
www.homedesignshop.net

SAME DAY DENTURES AVAILABLE
DENTURES $275*
*This is a flipper, others available
SMILE AGAIN!
DENTURES
$275*
FREE CONSULTATION
SAME DAY REPAIRS
261 Old York Road • Suite 334
Jenkintown, PA 19046
215-360-2006 ext. 3
APPOINTMENT ONLY

THE CREDIT PROFESSIONALS AT
FAIRLESS MOTORS
WE BUY CARS. TOP $$$ FOR YOUR VEHICLE
¡ Se Habla Espanol! $0 DOWN!
Don't Be Fooled By Cheap Imitators, "WE HAVE BEEN IN BUSINESS FOR 20 YEARS"
435 LINCOLN HWY, FAIRLESS HILLS, PA
We Buy Clean, Used Cars
PAYMENTS AS LOW AS $99.00 PER MONTH !
Bring in This Ad & Receive $250 OFF Your Purchase!
GOOD CREDIT • BAD CREDIT • NO CREDIT • CHARGE-OFF'S • REPOS • DIVORCE • BANKRUPTCIES
ALL VEHICLES FAIRLESS MOTORS CERTIFIED
For Live Help Call 1-888-251-4312
Special incentives for SEPTA, hospital and postal workers! Used Car Leasing Now Available.
24 HOUR HOTLINE: 1-800-205-0068 www.FairlessMotors.com

2005 Mercedes E55 AMG
One Owner, 40k Miles, Power Windows, Power Steering, Power Locks, CD, Moon Roof, Leather, Heated Seats, Navigation, Keyless Entry, Alloy Wheels, A/C, Automatic Transmission, Parking Sensors, Cruise Control
$23,900

2005 Range Rover HSE
Power Windows, Power Steering, Power Locks, CD, Moon Roof, Leather, Roof Rack, Privacy Glass, Heated Seats, Navigation, Keyless Entry, Bluetooth, Alloy Wheels, A/C, Automatic Transmission, Rear Air, Parking Sensors, Cruise Control, AWD
$19,900

2006 BMW 530xi
Power Windows, Power Steering, Power Locks, CD, Moon Roof, Leather, Privacy Glass, Heated Seats, Keyless Entry, Alloy Wheels, A/C, Automatic Transmission, AWD
$14,900

2013 Nissan Altima
Power Windows, Power Steering, Power Locks, CD, Keyless Entry, Bluetooth, A/C, Automatic Transmission, Satellite Radio, Cruise Control
$17,900

2010 Nissan Maxima SV
Power Windows, Power Steering, Power Locks, CD, Moon Roof, Leather, Heated Seats, Navigation, Keyless Entry, Bluetooth, Alloy Wheels, A/C, Automatic Transmission, Rear View Camera, Cruise Control
$18,900

2011 Mitsubishi Endeavor LS
Power Windows, Power Steering, Power Locks, CD, Roof Rack, Privacy Glass, Keyless Entry, Alloy Wheels, A/C, Automatic Transmission, Cruise Control, AWD
$15,900

2011 Buick Enclave CXL
Power Windows, Power Steering, Power Locks, CD, Panoramic Roof, Leather, Roof Rack, Privacy Glass, Heated Seats, 3rd Row Seats, Keyless Entry, Bluetooth, Alloy Wheels, A/C, Automatic Transmission, Satellite Radio, Rear Air, Parking Sensors, Cruise Control
$21,900

2011 Buick Regal CXS
Power Windows, Power Steering, Power Locks, CD, Moon Roof, Leather, Heated Seats, Keyless Entry, Bluetooth, Alloy Wheels, A/C, Automatic Transmission, Cruise Control
$17,900

2011 Chevy Equinox LT
Power Windows, Power Steering, Power Locks, CD, Privacy Glass, Keyless Entry, Bluetooth, Alloy Wheels, A/C, Automatic Transmission, Rear View Camera, Cruise Control
$15,900

2006 Honda Odyssey EX-L
Power Windows, Power Steering, Power Locks, CD, DVD, Moon Roof, Leather, Roof Rack, Privacy Glass, Heated Seats, Keyless Entry, Bluetooth, Alloy Wheels, A/C, Automatic Transmission, Rear A/C, Parking Sensors, Cruise Control
$13,900

2010 Lincoln MKS
Power Windows, Power Steering, Power Locks, CD, Moon Roof, Leather, Heated Seats, Keyless Entry, Bluetooth, Alloy Wheels, A/C, Automatic Transmission, Parking Sensors, Cruise Control
$15,900

2008 Mercedes GL450
Power Windows, Power Steering, Power Locks, CD, DVD, Moon Roof, Leather, Roof Rack, Privacy Glass, Heated Seats, Navigation, 3rd Row Seats, Keyless Entry, Bluetooth, Alloy Wheels, A/C, Automatic Transmission, Rear View Camera, Rear Air, Parking Sensors, Cruise Control, 4WD
$24,900

metro CLASSIFIED DIRECTORY

To advertise please contact 866-900-9473 or Phillyclassifieds@metro.us

Have you had a
TERRIFYING EXPERIENCE?
Are you still haunted by the memory even though you try to forget it?
AND
Are you SMOKING cigarettes but WANT TO QUIT?
You may be eligible for a research study with 12 weeks of counseling and medication.
Financial compensation up to $485 is provided for eligible persons.
Call today! 215-746-3327
UPenn Center for the Treatment & Study of Anxiety
Penn Medicine

MEDICAL RESEARCH
To advertise call Brian Lydon at 215-717-2694 or email brian.lydon@metro.us

Check out our NEW website:
ZipTrials.us
Powered by metro

TRYING TO CONTROL YOUR DRINKING, BUT CAN'T?
Take control of your drinking. Clinical trials of new medications for the treatment of alcohol problems are being conducted at The University of Pennsylvania's Treatment Research Center. This research study is open to both men and women. No insurance is needed.
To learn more, call 215-243-9959
NCIG NIAAA CLINICAL INVESTIGATIONS GROUP
U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES National Institutes of Health
NIAAA

www.metro.us

LEGAL SERVICES

To advertise call Erin Thomson at 215-717-2691 or email erin.thomson@metro.us

DISABILITY
• SSI
• SOCIAL SECURITY
WORKER'S COMPENSATION
215-592-1111
KAREN WEISBORD, ESQ. 30 YEARS EXP.

Medical Malpractice
Cerebral Palsy | Cancer Misdiagnosis
Birth Injury | Hospital Death
Surgery Mistake | Doctor Mistake
Harvard & Yale trained Doctor-Lawyer
• As co-counsel achieved over 35 million dollars in settlements & verdicts since 1/1/12
• Named one of 2014 Super Lawyers by publisher of Philadelphia Magazine
Law Offices of Tai Y. Wong
PA & NJ 215-592-9750
Free Initial Consultation. No Recovery-No Fee
1101 Market Street, Aramark Tower Suite 2820, Philadelphia, PA 19107

SLIP AND FALL
Our Law Firm handles all FALL DOWN Claims
Free Consultation 24/7
215-268-7800
1617 JFK Blvd., Suite 355 Philadelphia, PA 19103
SLIPANDFALLGUYS.COM

ALL ACCIDENTS & INJURIES
Slip & Falls • Nursing Home Cases
Car Accidents • Wrongful Death
Medical Malpractice • Assault Victims
CALL NOW TO SPEAK DIRECTLY TO ATTORNEY PAUL GAFFNEY
215-769-1177
THE GAFFNEY FIRM
Two Penn Center - 1500 JFK Boulevard - Suite 200 - Philadelphia, PA 19102

Don't Pay, Fight That Ticket
215-315-7990
Save Time, Money and Points
PHILLY TICKET LAWYER .COM
DUI & VEHICLE VIOLATIONS
FROM $499 FOR DUI
FROM $99 FOR TRAFFIC VIOLATION
LOCATED NEXT TO TRAFFIC COURT
820 SPRING GARDEN ST., PHILA., PA 19123

Fodera & Long
TRIAL LAWYERS
1500 Walnut Street, Suite 900 • Philadelphia, PA 19102
www.FoderaLawFirm.com
1-800-HURT-NOW (487-8669)
or 215-569-1212
• SEPTA ACCIDENTS
• AUTO ACCIDENTS
• SLIP AND FALL INJURIES
• MOTORCYCLE ACCIDENTS
• MEDICAL MALPRACTICE
• DEATH CASES
• CATASTROPHIC INJURIES
• PEDESTRIAN ACCIDENTS

ACCIDENTS, INJURIES
SLIP & FALLS
Social Security/Disability
DENNIS A. POMO, Attorney at Law
NO FEE UNTIL WE SETTLE
267-295-6844
LICENSED IN PA & NJ

IMMIGRATION LAW
■ Practice limited to Immigration Law to better serve you
■ Reasonable fees and convenient payment plans available
■ Office easily accessible from public transportation
■ Saturday hours
■ FREE initial consultation with this ad.
LAW OFFICE OF
LAETITIA CREECH
1835 Market Street, Suite 2626, Philadelphia, PA 19103
Phone: 215.575.7622

DIVORCE, BANKRUPTCY
IMMIGRATION, CRIMINAL, DUI
ReinherzLaw.com
A Trusted, Fast & Affordable 2nd Generation Business
PHILA: 1315 Walnut St. Ste 804
Additional location in NJ
Reinherz LAW OFFICES
215-922-2055
Over 50 Years Combined Experience • Debt Relief Agency

IMPORTANT INFORMATION:
All classified advertising is subject to the terms and conditions of the applicable Metro Classified rate card and to approval and acceptance at Metro U.S. option. Metro US reserves the right to edit, reject, cancel or reclassify an ad, and reserves the right to convert any classified advertising to alternative formats for use and publication in other Metro U.S. publications. It is the advertiser's sole responsibility to check each ad the first day it is published. Metro U.S. assumes no responsibility for any reason, for any error or omission in any ad.

metro CLASSIFIEDS
To place an ad call 866-900-9473

JOBS

General Help Wanted

Saunders House
Is looking for nursing staff.
We require at least 6 mo. Experience for CNA's & 1 yr. experience for RN's/LPN's.
Go to our website to apply
www.saundershouse.org
Or stop in and fill out an application at 100 E. Lancaster Ave., Wynnewood, PA 19096

General Help Wanted

IMMEDIATE OPENINGS
No Experience Needed • Looking to Hire and Train ASAP
$875/WK AVG PLUS FULL BENEFITS
Higher Earning Potential w/ Advancement Opportunity
Students Welcome for FT Summer Work
CALL TO SCHEDULE AN INTERVIEW 215-789-2046

LOOKING TO HIRE IMMEDIATELY
Full Time Positions • No Experience Needed • Training Provided
STARTING AVG $17/HR
Plus Benefits & Bonus Opportunities • Looking for Leaders • Back Check Upon Hiring
CALL 215-789-2050

MV
Paratransit Drivers - Full Time
• No CDL required! • Paid Training Provided - Classes Forming Now!
MV Transportation, Inc. provides equal employment and affirmative action opportunities to minorities, females, veterans, and disabled individuals, as well as other protected groups.
For more information apply in person at
2625 Wheatsheaf Lane, Philadelphia, PA 19137
215-743-9700 • www.mvtransit.com

General Help Wanted

CUSTOMER SERVICE
POSITIONS AVAILABLE NOW
• No exp. necessary • Great pay
• Training provided • Close to public trans.
For an interview please call
215-240-6006

Sr. SAS Programmer (2 x openings) in King of Prussia, PA: Conduct complex SAS programming to analyze phase I- III clinical trial data & support FDA submission. Develop & validate SAS programs for generating TFLs. Define & create Ad Hoc reports; review SAP & analysis dataset specifications. Req.: MS/equiv in Statistics/Math/Computer Information Systems/ related, 6 months exp.; SAS Base Programmer Certificate. Send resume to TechData Service Company LLC, 700 American Ave., Suite 102, King of Prussia, PA 19406.

metro CLASSIFIEDS
To place an ad call 866-900-9473
or visit us at www.metro.us

General Help Wanted

REAL ESTATE

Real Estate Wanted

House For Sale
$520.84 a month
3 Bedrooms, Excellent condition
Nick's Real Estate
(215) 425-3500

WE BUY UGLY HOUSES.®
HOMEVESTORS
AMERICA'S #1 HOME BUYER
1-800-301-3223

Rentals

Upper Darby area. Apartments available now. Studios, 1 & 2 BR. Close to transportation. Sec 8, VA, and all gov't programs are accepted. Call 610.734.2360 2-car garage avail - $125/month

APARTMENT FOR RENT - Broad & Ritner. All brand new! 2BR, bath, central air, HW floors, all new appliances, W/D, back yard, wonderful neighborhood. $1295/month. Call 215.292.2176

metro CLASSIFIED DIRECTORY

To advertise please contact 866-900-9473 or Phillyclassifieds@metro.us

PSYCHICS

INDIAN POWERFUL ASTROLOGER & SPIRITUALIST
Specialist in Palm Reading, Horoscope & Open Book
Date-of-Birth Reading & Patra Reading
Specialist in Bringing Back Loved Ones
IF YOU HAVE A PROBLEM, HE HAS A SOLUTION
• Enemy • Health • Family • Marriage • Children • Business • Husband & Wife Relationships •
He is an expert in destroying and removing black magic, witchcraft, obeah, voodoo, and all bad luck, and gives life-long protection.
CALL FOR AN APPOINTMENT
PANDIT: GURU MUKESH 267.474.5803 Philadelphia
Open 7 Days a Week

metro CLASSIFIEDS
To place an ad call 866-900-9473
or visit us at www.metro.us
DEADLINE: 2 BUSINESS DAYS PRIOR TO PUBLICATION AT 6 PM.

SERVICES

$$ CASH PAID $$
BUYING NICOTINE PATCHES / GUM and Diabetic Test Strips
We Pickup
215-395-7100

CASH FOR DIABETIC TEST STRIPS
Also BUYING nicotine patches, gum, Ensure & adult diapers, baby formula.
We match any price.
267-275-1717

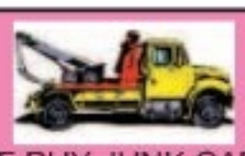
MISCELLANEOUS

DIABETIC TEST STRIPS NEEDED
Also nicotine patches.
Will pay up to $30 per box.
Will pick-up.
Call James
610-453-2525

REDUCE YOUR CABLE BILL!
Get an All-Digital Satellite System installed for FREE and programming starting at $19.99/mo. FREE HD/DVR upgrade for new callers,
SO CALL NOW
877-356-0528

Oh Holy St. Jude, Patron Saint of hopeless cases and things most despaired, thank you for answered prayers.

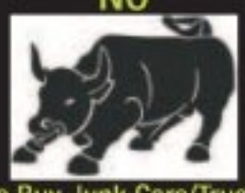
CARS



WE BUY JUNK CARS
TRUCKS & VANS
Up to $500
CASH GUARANTEED
FREE TOWING
SAME DAY PICK-UP
267-229-1970

New Battery for Any Vehicle
$49.95
with coupon
We also install alternators and starters
215-200-3401

WOW!
A $400 Guarantee On Any Large Vehicle
NO



We Buy Junk Cars/Trucks
WILL PICK YOUR CAR UP WITHIN THE HOUR
215-200-3401

WE BUY JUNK CARS
Top dollar paid in CASH!
Free pick up! Please call
609-851-2980 or 215-429-8336

$$$ UP TO $1100.00 $$$
For Cars w/Bad Engines w/or w/o title
500.00 CASH $$$
For Any Junk Cars or Trucks
215-669-1000

CAREER TRAINING

Style and Beauty.
It's yours to create when you pursue a career in Cosmetology!
Start Training Now!
888-215-2655
Star Career Academy - Philadelphia & Audubon Campuses
For consumer information go to www.starcareer.edu/faq

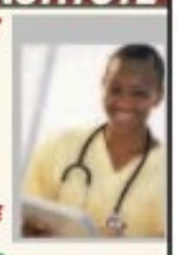
HVAC/R IS WHERE IT'S AT!
Train for a new career as an HVAC/R TECHNICIAN!
Call Now! 800.761.7504
Kaplan Career Institute
1991 Sproul Rd., Ste. 42,
Broomall, PA 19008
Information about programs at www.kaplancareerinstitute.com/consumer-info.

MAKE A CHANGE TODAY!
In less time than you think you could train for a new career!
Medical Assistant • Electrical Technician
Pharmacy Technician
Call Now! 800.761.7504
Kaplan Career Institute
1991 Sproul Rd., Ste. 42, Broomall, PA 19008
177 Franklin Mills Blvd., Philadelphia, PA 19154
3010 Market St., Philadelphia, PA 19104
Programs vary by campus.
Information about programs at www.kaplancareerinstitute.com/consumer-info.

NO NEEDLES! NO BLOOD!
Train for a career as a MEDICAL BILLING AND CODING SPECIALIST!
Call Now! 800.761.7504
Kaplan Career Institute
177 Franklin Mills Blvd.,
Philadelphia, PA 19154
Information about programs at www.kaplancareerinstitute.com/consumer-info.

Three AMAZING options for you!
MEDICAL ASSISTANT
Dialysis Technician • Surgical Technology
Start training now!
888-215-3055
Star Career Academy
Philadelphia & Audubon Campuses
For consumer information go to
www.starcareer.edu/faq

OLALUS INSTITUTE
NURSE AIDE TRAINING CENTER (C.N.A.)
DAY & EVENING CLASSES AVAILABLE



CPR & FIRST AID
320 MACDADE BLVD COLLINGDALE, PA 19023
(610) 237-7199
C.N.A PROGRAM
We are an Approved On-Site Testing Facility

metro CLASSIFIEDS
To place an ad call 866-900-9473
or visit us at www.metro.us

LEGAL NOTICES

Brazo De Oro Children's Foundation
Meeting 12 Noon; 7/31/2014
1840 Torresdale Avenue
Philadelphia, PA 19124

Legal Notices

COURT OF COMMON PLEAS
PHILADELPHIA COUNTY, PA
CIVIL ACTION-LAW
NO: 130200424

Marcus Alexander, Carolyn Alexander and Janette Myers v. Phillip Matthews and People's Commerce

TO: Phillip Matthews

Take notice that Plaintiffs have filed a Civil Action Complaint against you in the Court of Common Pleas, Philadelphia, docketed to No: 130200424, wherein Plaintiffs seek damages against you for personal injuries sustained on January 1, 2012. If you wish to defend, you must enter a written appearance personally or by attorney and file your defenses or objections in writing with the court. You are warned that if you fail to do so the case may proceed without you and a judgment may be entered against you without further notice for the relief requested by the plaintiff. You may lose money or property or other rights important to you. **YOU SHOULD TAKE THIS PAPER TO YOUR LAWYER AT ONCE. IF YOU DO NOT HAVE A LAWYER, GO TO OR TELEPHONE THE OFFICE SET FORTH BELOW. THIS OFFICE CAN PROVIDE YOU WITH INFORMATION ABOUT HIRING A LAWYER. IF YOU CANNOT AFFORD TO HIRE A LAWYER, THIS OFFICE MAY BE ABLE TO PROVIDE YOU WITH INFORMATION ABOUT AGENCIES THAT MAY OFFER LEGAL SERVICES TO ELIGIBLE PERSONS AT A REDUCED FEE OR NO FEE.**

Philadelphia Bar Association
1101 Market Street, 10th Fl.
Philadelphia, PA 19107
(215) 238-6333

Scott E. Diamond, Esquire
Attorney for Plaintiffs
1845 Walnut Street, Suite 1600
Philadelphia, PA 19107
(215) 523-6900

metro CLASSIFIEDS
To place an ad call 866-900-9473
or visit us at www.metro.us
DEADLINE: 2 BUSINESS DAYS PRIOR TO PUBLICATION AT 6 PM.

MARC ROSSI AUTO SALES
www.driverossi.com
3759 KENSINGTON AVE. 215-831-8861
$0 DOWN Available
No Credit Check**
• Bad Credit
• No Credit
• Repos
OKAY!

2008 Chrysler PT Cruiser — CD/MP3, Cruise Control, Dual Climate Control
2008 Chevy Impala LT — Leather, MP3, OnStar
2007 Saturn Aura — CD/MP3, Bluetooth, OnStar
2007 Chevy Impala LT — CD/MP3, Dual Climate Control, Alloy wheels
2007 Chrysler Pacifica Touring — AWD, CD/MP3, 200 Watt Stereo, Leather
2007 Cadillac CTS — 200 Watt Stereo, Satellite Radio, Alloy Wheels
2006 Buick Rendezvous CX — Reclining Rear Seats, OnStar, Privacy Glass
2006 Buick Lucerne — CD/MP3, Leather, Climate Control
2006 Ford Explorer Eddie Bauer — AWD, Reclining Rear Seats, Privacy Glass
2006 GMC Yukon — OnStar, CD/MP3, Dual Zone A/C
2005 Chevy Tahoe — Privacy Glass, Roof Rack, Dual Climate Control
2005 Cadillac SRX — Leather, OnStar, CD, Privacy Glass

GUARANTEED CREDIT APPROVAL
CALL TODAY. DRIVE TODAY.
*For in-house financing only.
★ $500 OFF Vehicle Purchase w/ Ad ★
215.831.8861
FINANCING DONE RIGHT
CARFAX ADVANTAGE DEALER

Do you *take* Metformin *for* Type II Diabetes?

If so, please contact **CRILifetree** about a research study of an investigational Type II Diabetes medication for adults.

Qualified participants must:
- Be age 18 to 65
- Have Type II Diabetes
- Metformin is the only medication for Diabetes
- Be available for overnight stays

Qualified participants receive all study-related care and investigational study medication at no cost, plus total compensation up to $3,375 may be received for study participation.

No insurance is needed and transportation may be provided at no cost.

For more information, call toll-free **1.877.995.8786**

CRILifetree.com
LOCATIONS IN PHILADELPHIA & SOUTHERN NEW JERSEY

CRILifetree
Innovative Solutions. Reliable Results.

Were you *diagnosed with* Hepatitis C *at least 6 months ago?*

If so, please contact us about our research study for adults with Hepatitis C.

Qualified participants must:
- Be 18 to 65 years old
- Been diagnosed with Hepatitis C for at least 6 months
- Be available for 4 overnight stays at the study clinic
- Be available for up to 8 follow up visits

Qualified participants receive:
- All study-related evaluations and investigational medication or inactive placebo at no cost
- Compensation up to $1200 for time and travel

No insurance is needed to participate in this study and transportation is available.

For more information, call toll-free **1.877.643.6674**

CRILifetree.com
LOCATIONS IN PHILADELPHIA & SOUTHERN NEW JERSEY

CRILifetree
Innovative Solutions. Reliable Results.

Have you or a loved one been diagnosed with schizophrenia?

If so, contact us today to learn about clinical research studies of investigational schizophrenia medications for adults ages 18 to 65.

Qualified participants receive all study-related medical care and investigational medication at no cost.

Qualified participants may receive total compensation ranging from $3,000 to $10,000 for time and travel.

For more information, call toll-free **1.888.442.9012**

CRILifetree.com
LOCATIONS IN PHILADELPHIA & SOUTHERN NEW JERSEY

CRILifetree
Innovative Solutions. Reliable Results.

www.metro.us